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*When taken at the maximum dosage over time.

BUSTED

KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff - I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie *Generation Iron* and the scene in Kai's kitchen where they showed Kai's muscle building arsenal - bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind - SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!



Generation Iron is owned by the Viadar Company. Used with permission.

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50g ISPIKE REACTIVE CARB SYSTEM

5g POWER-AMP CRE3 CREATINE COMPLEX

Dietary Supplement
2.04 fl. oz. (57.22g)

ORANGE

Naturally & Artificially Flavored

ISP KE
TECHNOLOGY

SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic amino acids work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors

5g Leucine Loaded 10:1:1 BCAAs

50g iSPIKE Reactive Carb System

5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product – and 'keeping it a secret' – it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." – KAI GREENE, 2x Arnold Classic Champion



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**W
E
B**

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MAY 2015

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MACHINE MADE
Big Ramy relies on machines to build his massive physique.



NO BULL

LIFT MORE WEIGHT FOR MORE REPS **XMT**

NO BULL XMT (Xtreme Muscle Tension) has been formulated with clinically researched ingredients to enhance workout performance and muscle growth through a proven training concept called "Time Under Tension." During a resistance training workout, the amount of time your muscles work is measured in repetitions and the amount of tension is measured in weight. Increasing the number of reps (time) and the amount of weight on the bar (tension) during a set increases the workload placed on your muscles and stimulates greater muscle growth. NO BULL XMT is formulated to do just that. More Reps + More Weight = More Muscle Growth!

In the development of NO BULL XMT, MuscleMeds researchers focused on a key mechanism in muscle called "Excitation-Contraction." Enhancing this mechanism of action in muscle tissue helps increase muscle force, velocity and endurance, thereby increasing time under tension and total workout performance. In addition to enhancing muscle excitation-contraction, NO BULL XMT's advanced synergistic design also increases energy, muscle pumps and anabolic signaling, making it the ultimate performance enhancing pre-workout formula. NO BULL XMT is the pre-workout formula for those who want more... More weight for more reps equals more muscle growth!



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*Claims based on a clinical dose taken before training, based on double-blind placebo controlled study using 400 mg of PEAK ATP, following a specific diet and exercise program. Visit MuscleMedsRx.com for study. Your results may not be typical.

FROM THE CHAIRMAN

A PRO'S PRO

PHIL HEATH BRINGS NUMEROUS GIFTS TO OUR SPORT

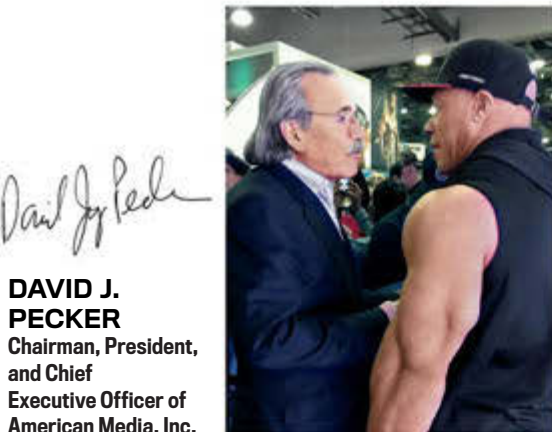
This past March I had the pleasure of speaking with Phil Heath, who was greeting fans at the Weider Publications booth at the Arnold Sports Festival Expo. Our paths cross a few times a year—mostly at events like this one—and I'm impressed every time we converse.

Phil is smart, articulate, and keenly attuned to his role as an ambassador for bodybuilding. Rarely have I met anyone in the sport who has as acute a marketing sense as Phil, and rarely have I met someone so well-equipped to be the face of bodybuilding. Between his intelligence, his personality, his looks, and of course his incredible physique, Phil Heath is the epitome of a champion.

Of course, the Arnold represents the midpoint in the IFBB Pro League season. And as we now look toward the 2015 Mr. Olympia—the contest's 50th anniversary—Phil and other top champs will begin to focus on qualifying for (and hopefully placing in) the world's greatest bodybuilding event. I look forward to following the progress of these gentlemen on *FLEXonline.com* as they dial in their diets and ramp up their training efforts in the coming weeks.

Like Phil, Weider athletes James "Flex" Lewis, Kai Greene, and this month's cover star, Mamdouh "Big Remy" Elssbiay, will all be looking to take home top honors in their respective divisions. Lewis and Greene are already qualified to compete at the O, but Remy is aiming to earn his qualification at this month's IFBB New York Pro, promoted by Steve Weinberger. As two-time defending champ, the odds are certainly in his favor to take the title and earn an Olympia berth. But as we all know, nothing is ever a sure thing in bodybuilding.

If you're unable to attend the 2015 New York Pro, I encourage you to check *FLEXonline.com* on May 15 for up-to-the-minute results; results that are sure to have Phil Heath, Kai Greene, and the other Olympia qualifiers hitting the gym with even more gusto than before.



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outside
the gym.**

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I don't know whom to trust for training these days. Whom should I learn from? —ELI F., VIA FACEBOOK

There are many great resources for fitness information—including this magazine—but with so many voices, which do you listen to? That's why I believe finding a role model is the best way to get on the right path and stay there.

Reg Park was mine. A dominant bodybuilding champion in the 1950s, he had the massive Herculean look I wanted for myself, so I

trained like Reg. He had also made the transition to movie star and businessman. By studying how he accomplished his goals, I found the blueprint for my own success.

Select a role model who looks the way you want to look but shares some genetic similarities. If you're naturally very thin, don't choose someone like Franco Columbu to emulate when Frank Zane's approach would probably suit you better. This way, your role model provides the inspiration and practical know-how to achieve attainable fitness goals.

But beyond what a role model

can do for your body, consider how he will inspire your mind and spirit. Apart from his other accomplishments, Reg Park was a great humanitarian. He made me want to be more than just rich and famous but to give back to the world, which is my main mission now. He's still my hero, and always will be.

YOURS IN IRON,

ARNOLD SCHWARZENEGGER

ASK ARNOLD Have a question for Arnold? Ask it on the FLEX Facebook page for a chance to see it here.

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PUMP*



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MALATE

4G L-LEUCINE

3G D-ASPARTIC
ACID

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CLASSIC GUN SHOW

Look over Flex Lewis' new-school arm assault on page 58, and then hit the Web to scope out old-school arm workouts from bodybuilding legends. flexonline.com/topguns

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MUSCLE ART

Artist Liam Hudson's realistic and remarkable drawings of bodybuilders such as Arnold Schwarzenegger, Frank Zane, Phil Heath, Kai Greene, and Dorian Yates are impressive—and Hudson's time-lapse videos demonstrate just how amazing his talents are.

flexonline.com/liamhudsonart

THE 2015 ARNOLD SPORTS FESTIVAL

We were camped out in Columbus, OH, for the 2015 Arnold Sports Festival so we could bring you hundreds of contest and expo photos, posing routine videos, behind-the-scenes footage, highlight reels, and more!

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5 THINGS TO KNOW THIS MONTH

HIT LIST



WATCH

AVENGERS: AGE OF ULTRON

Iron Man, Captain America, the Hulk, Thor, and the rest of the superhero team take on super-villain Ultron. The sequel to 2012's blockbuster, *Age of Ultron* looks to smash the box office.

May 1



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GO

NEW YORK PRO

Will Mamdouh "Big Ramy" Elssbiay three-peat at the metropolitan place to be? Go find out (and mingle at the expo) at the annual muscle hot spot.

May 10



FOOD

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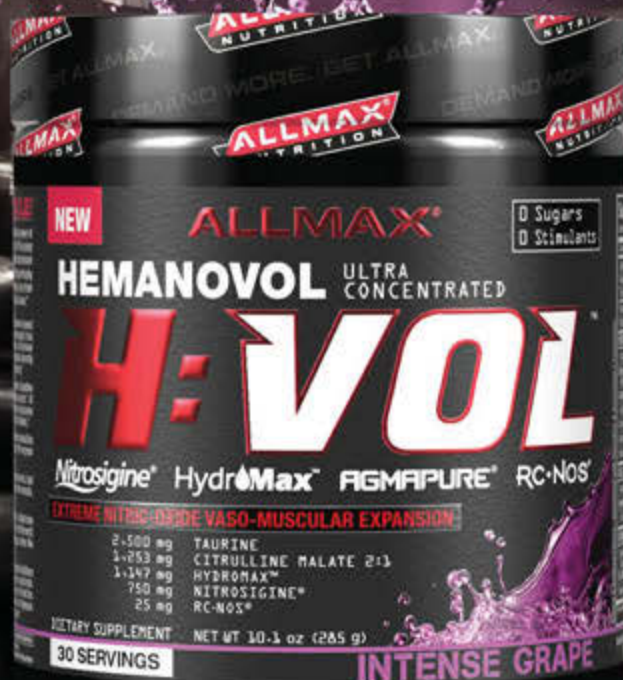
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THE IRON HULK

BODYBUILDING AVENGER **MAMDOUH “BIG RAMY” ELSSBIAY** RELIES ON MACHINES, À LA IRON MAN, TO ACHIEVE THE MONSTROUS SIZE OF THE HULK

BY GREG MERRITT PHOTOGRAPHS BY JASON BREEZE

Mamdouh Elssbiay is like two superheroes in one. The Hulk is his obvious doppelgänger. When Big Ramy stood in comparisons at the last two Olympias, it looked like an Avengers gathering. There's Captain America next to Thor, both suitably superhuman. And yet they're being dwarfed by the ludicrously large Hulk. Even humongous beings appear ordinary next to Big Ramy. But the fictional Hulk is a smashing, rampaging brute. If he were a bodybuilder, he'd power up bar-bending weights with a roar. And he'd scorn gym machines, leaving them for the Bruce Banners of the world.

But not Elssbiay. Like Iron Man, he's a machine aficionado. He trains in one of the world's best-equipped gyms, and he relies on the latest contraption more than barbells and dumbbells to muscle up. For example, some of his back workouts consist of nothing but mechanized lifts: various types of pulldowns and cable and lever rows. He knows machines help him focus on contractions in ways he can't with free weights. We've compiled Big Ramy's favorite mechanical exercises for six body parts: chest, back, shoulders, legs, biceps, and triceps. Like the Hulk's, his gargantuan size terrorizes even his superhuman peers. And like Iron Man, he utilizes machines to expand his powers. He's Iron Hulk.



CABLE CROSSOVER

WHY Thanks largely to Lou Ferrigno's pec-tacular TV character, if there's one pose most associated with HULKing out, it's the crab-style most muscular. And the cable crossover best approximates that pose. This exercise used to have a lightweight reputation as a precontest detailer. But Big Ramy does it year-round. "It's great for a strong contraction, and it keeps tension on the pecs from start to finish," he says. Unlike dumbbell flies, this standing cable fly maintains stress at contraction to target the inner pecs.

HOW Elssbiay sets the pulleys of a cable crossover station to their highest levels. He then brings his arms in a downward hugging motion from up and out to down and in, leaning forward on each rep as if he were crunching a most muscular. His hands are together or nearly together at contractions. "When my hands are close, I pause for about a second, and I squeeze as hard as I can," he says. He does four or five sets of 12 to 15 reps.

WHEN This is the last exercise in his chest routine.

VARIATION The traditional cable crossover targets mostly your lower and inner pecs. To hit more of your upper and inner pecs, set the pulleys at low levels and bring the handles up (to your face or higher) and in on every rep.



2

ISO-LATERAL MACHINE ROW

WHY Big Ramy constructed one of the most Brobdingnagian backs ever beheld with more machine rows than free-weight rows. Yes, barbells and dumbbells provide more freedom of movement than most machines, but mechanical contraptions also have a couple of key advantages over 'bells. First, sitting against a machine's chest pad locks you in place, so you can't sway and distribute stress from your lats to your spinal erectors. Second, you're usually able to get a stronger (and longer) contraction with a machine. Finally, Elssbiay often selects an iso-lateral machine (meaning the two arms move independently). This allows him to find a slightly different pace and range of motion for each arm; or he can work each side independently, doing the reps of a set for his right side and then the reps for his left side.

HOW "I'll do these either one-arm or two-arm," he says. "It just depends on how I feel and what else I do in my back routine. But I like them both ways equally." If he does two-arm rows, he'll often stand, so he can pull the handles a little lower into his sides. If he does one-arm rows, he'll place the leg opposite from the rowing arm forward. "I want a strong base, so I stay steady," he says. In either case, he keeps his chest against the support pad throughout each rep and gets maximum stretches and contractions. As with most machine exercises, he tends to hold contractions for a second, though he usually can't do this on his final reps when fighting fatigue. He goes for four or five sets of eight to 15 reps.

WHEN He starts his back routine with pulldowns. After that, machine rows could come at any time in the workout. Often two or three of a routine's five back exercises are machine rows of varying types.

VARIATION Most machines allow you to choose myriad styles of grips. Usually, Big Ramy prefers a parallel (palms facing the center axis) grip or nearly parallel grip. Depending on the machine, you may be able to choose from a panoply of grips: wide, medium, narrow, parallel, underhand, or overhand. Each will stress your upper back muscles in a slightly different way.



"Machines let me just focus on pushing up without worrying about steadying the weight."

3

MACHINE SHOULDER PRESS

WHY The mechanical shoulder press is the one outlier in our sextet of Ramo's favorite machine lifts. That's because, unlike the other five, it doesn't provide an advantage over free weights at maximizing contractions. However, overhead pressing machines do provide greater stability. Some may see this as a minus. Certainly, just balancing a weight or two weights throughout a set stimulates muscle fibers. But this cuts both ways. "Machines let me just focus on pushing up without worrying about steadying the weight," the Iron Hulk says. You can't argue with his results. The Goliath who expects to contend for this year's Mr. Olympia title has arguably the largest delts in bodybuilding history.

HOW Steady yourself in the seat. Big Ramo takes a relatively wide stance to secure himself. Grab the handles. Ramo goes wide. But then he is wide. Really, really wide. Freaky-crazy wide. Has-to-go-through-garage-doors-sideways wide. Take a grip slightly beyond shoulder width. Press up. "I stop just short of lockout," Iron Hulk says. Doing so keeps constant tension on his delts. He does four or five sets of eight to 15 reps.

WHEN Elssbiay usually begins his shoulder routine with this exercise.

VARIATION Many press machines are designed so that the device's arms are pressed not just up but also slightly backward. Such an arc engages more medial delts along with the front delt heads. Therefore, if you sit "backward," facing the seat back, the arc will be reversed and your arms will travel slightly forward as they go up. In such a way, you work medial delts less and focus even more on front delts.

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**"I NEED DEEPER CUTS IN MY QUADS,
SO HOLDING THE TOP OF LEG
EXTENSION REPS IS VERY
IMPORTANT TO ME."**



LEG EXTENSION

WHY Legs straight is the resting point when doing most quad exercises. However, when doing extensions, this is the contraction. Therefore, there's resistance through not just the kicking motion but also when your knees are locked. In effect, the contraction duplicates the lower half of bodybuilding poses like the front lat spread when your legs are straight. Big Ramo already has monster-size wheels. But he places a special emphasis on leg extensions to etch in deeper tire tread. "I need deeper cuts in my quads," he says. "So holding the top of leg extension reps is very important to me."

HOW Sit in the seat with the pads on your ankles and your toes pointed straight ahead and bring your legs up simultaneously to a knees-straight position. Elssbiay likes to hold each contract for a second and tense his quads as hard as possible for four to five sets of 12 to 15 reps.

WHEN He does these first in his quad routine.

VARIATION These can be performed one leg at a time to better focus on your left and right wheels individually. You can also point your toes inward to focus more on your outer quads or outward to focus more on your inner quads. Try changing your toe position from set to set.



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"I especially like this exercise precontest because it's just like a biceps shot. But I'll do them sometimes all year-round."

5

HIGH-CABLE CURL

WHY "I especially like this exercise precontest because it's just like a biceps shot," he says. "But I'll do them sometimes all year-round." Just as cable crossovers duplicate a most muscular pose, this exercise mimics a front or rear double biceps shot. The use of cables allows you to maintain tension on your biceps from stretch to contraction despite your upper arms being parallel with the floor. By contrast, if you attempted this movement with dumbbells, your delts would be doing a lot of work (to keep your arms up) and your biceps very little.

HOW Set the pulleys in a cable crossover station at shoulder level. Grab both handles and stand in the center. While keeping your upper arms parallel with the floor, curl the handles toward your ears. "Get a strong contraction and hold for a second and tense," the two-time (2013-14) winner of the New York Pro instructs. He does four sets of 10 to 15.

WHEN Elssbiay likes to end his biceps routine with high-cable curls.

VARIATION There are a couple of ways to change this one up. First, you can alternate arms, going back and forth between your left and right sides. You can also do these seated to eliminate any possible sway. Seated or standing, be sure you set the pulleys at about shoulder level. Sitting is a variation that Ramy uses on occasion.

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PUSHDOWN

WHY Each horseshoe-shaped triceps has three heads. The long (inner) and lateral (outer) heads make up the vast majority of visible muscle on the back of your arms. The medial head is meaty but lies mostly beneath the first two, though its lowest portions peek out on both sides just above the elbow (much more on the inside than the outside). Every triceps exercise works all three heads to some degree, but each exercise also stresses one head more than the others. Pushdowns done with your elbows close to your sides best target the lateral head.

HOW Although elbows-at-sides pushdowns hit the showy outside head, Elssbiay frequently does this exercise while leaning forward and keeping his elbows out in front. In this manner, he distributes more stress to the long head. Whether your elbows are at your sides or, like Ramy's, in front, the crucial thing is to keep them locked in place throughout each set. As with most other exercises, he focuses on contractions. "I make sure I finish each rep and tense hard," he says. He does at least four sets of 10 to 15 reps.

WHEN He usually begins his triceps routine with some kind of pushdown (example: elbows-in-front, cambered bar). He might conclude the same routine with a different type of pushdown (example: elbows-at-sides, rope).

VARIATION So we've covered lateral and long heads, but what about the largely forgotten medial head? Pushdowns can be modified to emphasize this head as well. Research demonstrates doing pushdowns with an underhand grip places more stress on the medial. Like Big Ramy, bodybuilding's Iron Hulk, it's best to switch up your pushdown grips and elbow positions on occasion to work all areas of your tri's. **FLEX**



THE IRON
HULK

**ALTHOUGH ELBOWS-AT-SIDES
PUSHDOWNS HIT THE OUTSIDE
HEAD, HE ALSO DOES THEM WHILE
LEANING FORWARD AND KEEPING
HIS ELBOWS OUT IN FRONT TO STRESS
THE LONG HEAD.**

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1ST SET

Follow Mr. Olympia Phil Heath's pre-exhaust tips for max muscle gains.

[PAGE 48](#)

Jay Cutler teaches you how to build titanic triceps.

[PAGE 50](#)

Sculpt wheels like Rich Gaspari with his high-volume leg routine.

[PAGE 52](#)

Who'd win in a showdown between Toney Freeman and Günter Schlierkamp?

[PAGE 54](#)

Flex Lewis' ballbuster of a biceps routine will force your guns to grow.

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PAGE 56

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GIFTED
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LOOK AT
HEATH'S ROAD
TO THE O

■ Phil Heath's documentary *Gifted* offers an insider's view of Heath's pursuit of the Mr. Olympia title—the insiders being Heath's family and friends (including Jay Cutler, Lou Ferrigno, and Hany Rambod). Shot between 2009 and 2012, the views include intense training sessions and behind-the-scenes Olympia footage—and a lot of insight into the unseen challenges the Gift faced along the way. Slated for release in 2015, check out the *Gifted* trailer on YouTube.

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harder. Using pre-exhaust makes the rest of the workout more difficult.

Pre-exhaust consists of taking a single-joint isolation movement to failure before moving on to a heavier compound movement. Examples would be doing lateral raises before shoulder presses or doing leg extensions before squats—like Arnold Schwarzenegger did in *Pumping Iron*. Fatiguing the muscle this way leads to greater fiber recruitment,

which leads to growth.

I use pre-exhaust a lot before contests. Employing this technique, I can train hard on every set without worrying about using the biggest weights and risking injury. Sure, I could use more weight without it, but pre-exhaust does the job.

ASK PHIL

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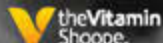
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TRI THIS

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Which exercise is best for adding serious size to triceps?

Close-grip bench presses, no contest. I always do them during my triceps workouts, and the reason is simple: the big benchers, like Kevin Levrone, always have great triceps. Here's what I do:

1 Take a grip that leaves about 14 inches between your thumbs, and stop your descent about three inches above your chest.

2 Press up and momentarily lock out. Your focus should be on trying to take the chest out of the exercise and on working the tri's as much as you can. Obviously, you can't take the chest totally out of the exercise, but you have to make that connection with your triceps to get the most out of it.

CUTLER'S TRICEPS TAKEDOWN

EXERCISE	SETS	REPS
V-bar Pushdown*	3	12-15
One-arm Rope Extension	3	12-15
Close-grip Bench Press**	3	12-15
Lying Triceps Extension	7	10-12

*Preceded by 2 warmup sets

**Preceded by one or two warmup sets

ASK JAY

Got a question? Go to FLEXonline.com/askexperts.

HALL OF SAME

■ Jason Isaac Cutler (who shortened his first name to Jay) had already registered his first runner-up ranking at the Mr. Olympia when Jay Christopher Cutler started setting touchdown records at Vanderbilt University in 2002. Fans of both Jay Cutlers have confused the two at weekend autograph sessions ever since. According to Cutler (the bodybuilder), who has a large following on Facebook and Twitter, a losing record for the Chicago Bears resulted in some mistaken identity hostility being thrown his way online last season, most notably on Mondays. And although the two have never met, he remains a supporter of Cutler (the quarterback).



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RICH GASPARI

THIRTY YEARS AGO THIS MONTH, THIS TRAILBLAZER REVOLUTIONIZED CONTEST CONDITIONING

■ He was somewhat narrow and relatively short (5'7"), and he lacked the high-caliber guns that instantly get a guy noticed. But Rich Gaspari maximized his potential. With startling thickness, this 21-year-old New Jerseyan won the light-heavy classes of the 1984 NPC Nationals and IFBB World Championships. His wheels, inflated via monstrous weights, were strong points. Still, most figured he'd get eclipsed in the IFBB Pro League.

Boy, were they wrong! In his pro debut 30 years ago, in May 1985, Gaspari shocked the muscle world with his unprecedented grainy detailing, including striated glutes. Later that year, he used the lines others lacked to finish third in the Olympia. The next three years, he won eight pro titles and was second to Lee Haney in the Olympia annually. Afterward, Gaspari won only one additional contest, the debut Arnold Classic in 1989, when he was still 25. By 1992, when he was doing the routine presented here, he was not yet 30, but he was no longer a top pro. Yet he would later trailblaze once again—as CEO of Gaspari Nutrition.

GASPARI'S LEG ROUTINE

EXERCISE	SETS	REPS
Leg Extension	4	12-15
Leg Press or Squat	4	15-8
Hack Squat	4	15
Lunge	2-3	15
Lying Leg Curl	8	15
Seated Leg Curl	3	15

FLEX FACT

In his first year of serious training, Gaspari **gained 60 pounds**, expanding from 110 at 15 to 170 at 16.

GASPARI ON LEG TRAINING

"It's important that you do a bodybuilder squat, meaning that your **stance should be close** with your knees pointing straight ahead."

"I often **do a triple dropset** on my last set of leg exercises to really 'smoke' my thighs."

"Keeping most my reps around **15 saves my joints** and also gives me enough reps to really bring the burn."

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FREEMAN VS. SCHLIERKAMP

WHO IS THE BEST TALL BODYBUILDER OF THE 21ST CENTURY?

Somehow in their collective 98 pro shows

Toney Freeman and Günter Schlierkamp—the two best over-six-foot-tall bodybuilders of the 21st century—competed against each other only twice. Despite Freeman's being only 3½ years older than Schlierkamp, their careers followed different trajectories. The latter made his pro debut at 24 in 1994 and posed for the final time at 36 in 2006. In contrast, Freeman debuted at 36 in 2003, and he's still posing today at 48. Freeman has seven pro titles, while Schlierkamp has only one, but that one is worth seven, because it was over the reigning Mr. Olympia Ronnie Coleman in the 2002 Show of Strength.

Their records are otherwise similar. Though neither cracked the Olympia top three, both were mainstays in the Mr. O top 10. And as for their two clashes, the first was in Freeman's rookie season (Schlierkamp placed higher), the second was in Schlierkamp's final contest (Freeman placed higher). They never faced each other at their peaks—until now, in photos. Who is the best tall bodybuilder of the first 15 years of the 21st century? Is it the heavier but blockier Schlierkamp, who bested the legendary Coleman in the greatest upset in bodybuilding history? Or is it the X-man Toney Freeman, who has seven pro wins and is still going strong?

HEAD-TO-HEAD
RECORD

TONY
FREEMAN

1

GÜNTER
SCHLIERKAMP

1

Height

6'2"

STRENGTHS

BICEPS,
QUAD
SIZE,
X-FRAME

280
POUNDS

12 Years
as Pro

WEAKNESSES

RIGHT PEC
TEAR, CALVES

7

PRO WINS

BEST POSE

FRONT
LAT
SPREAD

Age 48

WORST POSE

SIDE TRICEPS

59

Pro Contests

TONY FREEMAN



BY GREG MERRITT



STRENGTHS

**OVERALL SIZE,
SHOULDER
WIDTH,
BICEPS**

Height

6'1"

**290
POUNDS**

BEST POSE

**MOST
MUSCULAR**

1

**PRO
WIN**

Age

45

**Years
as Pro**

13

**WORST
POSE**

**ABS
AND
THIGH**

WEAKNESSES

**WIDE HIPS,
LACK OF FLOW**

**Pro
Contests**

39

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MEET DESIREE

IFBB BIKINI PRO DESIREE NIEMANN INVITES US INTO HER WORLD

1 Plans don't normally work out, so I prefer to go with the flow and make decisions along the way.

2 I don't think people realize how expensive it is to compete. When you factor in things like tanning, hair and makeup costs, the bathing suit, gym membership, a trainer, and paying for food each week, it adds up.

3 I've lived in the small beach town of Pensacola, FL, for the last 15 years. The laid-back lifestyle helps keep me focused.

4 My social life ends up taking a backseat when I'm getting ready for the stage, but I still allow myself to get out and have fun.

5 I've seen competitors run off the stage crying. I get where they're coming from, but you can't allow a competition to get to you like that.

6 Balancing my time between work, school, and training can be challenging, but it's also what helps keep my routine structured.

7 Most of the feedback I receive from social media is positive. Every so often I'll get a "You're too skinny" or "You look like a man," and I just let those go.

10 "YOU CAN'T EXPECT TO WIN EVERY TIME YOU COMPETE. GOING INTO A COMPETITION, I TELL MYSELF THAT **I'VE DONE MY BEST,** SO NO MATTER HOW HIGH I PLACE I STILL GET A LOT OUT OF THE EXPERIENCE."

8 Turning down a drink or a meal can cause problems with friends who don't understand that consuming extra carbs and calories while I'm dieting for a competition can ruin what I've been working toward. Be strong-minded and stick to your diet, and eventually those people will realize you're not going to cave in.

9 Having modeled and done pageants in the past helped me develop stage presence, but I was shocked at how hard I needed to train to become a bikini competitor.



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E-Z DOES IT

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I heard that you have a killer biceps routine with the EZ-curl bar. Can you explain it?

I know what you're talking about, and I can't take credit—my trainer Neil Hill invented that one. It isn't meant to be a solo exercise but part of a Y3K training biceps routine.

What you do is set three EZ-curl bars on the floor next to one another, in order from lighter to heavier. Starting with the lightest one, do 15 reps with a close grip. At the top, hold and squeeze for a count of two. Then put that down and move on to the next heaviest weight, and do another 15 reps. You may have to rest for a couple of seconds at a time to get to the 15 reps, but the goal is to do 15. Then you do it again with the heaviest weight.

Rest, then perform 15 reps with a wide grip and repeat the process. Do this cycle twice, so it's really six sets narrow and six sets wide, or two sets of three progressive sets narrow and two wide. The close grip hits the outer head, and the wide grips will get the biceps screaming.

LEWIS' BICEPS BURN ROUTINE

EXERCISE	SETS	REPS
EZ-bar Curl*	6	15
Incline Dumbbell Curl **	1	30
Hammer Curl	3	8-10

*Alternate three consecutive 15-rep sets with ascending weights using a narrow grip with three consecutive 15-rep sets with ascending weights using a wide grip.

**One set of three dropsets, each consisting of 10-12 reps.

THE STREAK

Bodybuilding has offered a few great winning streaks, most recently the 11 victories Iris Kyle collected consecutively over the past six years or the 12-win streak registered by Ronnie Coleman in 2002. The string of 10 consecutive victories amassed by Lewis starting on Sept. 29, 2012, puts him in such rarefied company. Lewis is hunting for No. 11 at the 2015 Olympia 212 Showdown.

For Lewis' take on the contests that made his winning streak, go to flexlewis.net/blog/thats-10-straight-wins-not-11/.

- 1 2012 Olympia 212 Showdown
- 2 2012 British Grand Prix 212
- 3 2012 EVLS Prague Pro 212
- 4 2013 Olympia 212 Showdown
- 5 2013 EVLS Prague Pro 212
- 6 2014 Arnold Classic
- 7 2014 Korean Grand Prix
- 8 2014 Olympia 212 Showdown
- 9 2014 EVLS Prague Pro 212
- 10 2014 San Marino Pro 212

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PROTEIN

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CALORIES

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PAGE 82

HARDCORE HAMS

THE ULTIMATE
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WORKOUT



Everything you need
to know about using
giant sets.

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How training with too
much intensity can
diminish gains.

PAGE 74

A strongman's
tips for dominating
the deadlift.

PAGE 78

The best times to
employ fast- and
slow-rep speeds.

PAGE 80



GIANT SETS

CAN ROUTINES
MADE UP ENTIRELY
OF GIANT SETS LEAD
TO GIANT GAINS?

■ So you've got dough, tomato sauce, mozzarella cheese, and turkey pepperoni. The prospect of eating each individually, cold and uncooked, is not very appetizing. But stack them together and apply heat and you can bake the perfect cheat meal—pizza. This is the logic of giant sets, which combine four or more exercises into what is, in effect, one extended set. The sum is greater than the parts. "Going giant" has long been a way of upping workout intensity, but

for some bodybuilders it's more. It's a training philosophy. For extended periods, you can cook up consistent gains by making giant sets the main dish of your routines.

GOING GIANT

First, let's define some terms. A superset consists of a set of two exercises paired together, performed without rest. A triset is the same thing but with three exercises, while a giant set consists of four or more exercises. Those lifts can be for the same body

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part (such as quadriceps) or neighboring body parts (quads, hams, glutes). Generally speaking, the more exercises you do, the more diverse they should be. A lower body giant set might consist of leg extensions, front squats, leg presses, leg curls, and lunges, thus combining isolation exercises

(leg extensions, leg curls) with compound exercises (front squats, leg presses, lunges), all while hitting quads, hams, and glutes in the same sequence.

Done correctly with no pause between subsets, this is exhausting. It's difficult to keep your intensity up throughout an

array of disparate lifts. What's more, it can be a logistical challenge to jump from station to station without rest in a crowded gym. While you're doing leg extensions or squats, someone might jump on the leg press, and someone else might hog the only leg curl machine. These are the



GIANT-SET TIP SHEET

Unless you have access to a sparsely populated gym, line up your equipment ahead of time, minimizing the distance from one exercise to the next.

Rotating through the exercises with at least one partner will help you keep dibs on equipment.

Abs are an excellent giant-set target. Even if you do only straight sets for every other body part, you can benefit from working your ab exercises in a rotation long-term.

Choose a wide diversity of exercises. For this reason, your biceps (stressed with only curls) are not a great giant-set target. In contrast, your back (with a plethora of machine and free-weight rows and pulldowns) is an excellent candidate.

GIANT-SET BASICS

Do giant sets occasionally to increase intensity or for extended periods of six to eight weeks to boost growth and fat burning.

Spend as little time as possible between exercises.

Rest for two to four minutes between giant sets.

To determine how much work to do, count each component as a set. Our sample shoulder workout has five sets. Run through it three or four times for 15 to 20 total sets.

To maintain your focus for 50-plus reps, push each exercise to failure. This way, you'll fail every 10 or so reps.

This changes EVERYTHING

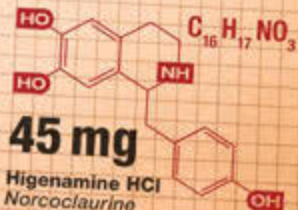


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A GOOD HURT

“Training with giant sets hurts, but it’s a good hurt, because I see it working.”

—HIDETADA YAMAGISHI

key reasons why giant sets are rarely performed for anything but abs. If done at all, most trainers use them as an occasional means of turning up the heat.

They don’t have to be side dishes. They can be the main course—or the only course. Some bodybuilders, most notably Milos Sarcev, have constructed routines made up only of giant sets. Sarcev postulated that such exercise medleys were the most effective vehicles to drive glycogen and protein to muscles. FLEX followed three Sarcev pro protégés in 2007, including Hidetada Yamagishi, as they plowed through a pre-

contest barrage consisting of a six-exercise chest giant set (three times), a seven-exercise back giant set (three times), and an eight-exercise shoulder giant set (twice). Number of dashes to the locker room to puke: two.

Giant sets are similar to circuit training. (The difference is that circuits work the entire body.) As with circuit training, we don’t recommend going giant as a yearlong strategy. But for extended periods of six to eight weeks, it can shock you into greater gains and provide the sort of minimum-rest workouts that subtract body fat while adding muscle.

GIANT-SET SHOULDER WORKOUT

EXERCISE	REPS
Dumbbell Lateral Raise	10-12
Dumbbell Seated Rear Lateral	10-12
Barbell Front Raise	10-12
Dumbbell Overhead Press	10-12
Barbell Wide-grip Upright Row	10-12

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HIGH INTENSITY HYPE?

GOING HEAVY ALL THE TIME ISN'T BEST FOR SUSTAINED MUSCLE GROWTH

HYPOTHESIS

It is generally accepted that the "intensity" in high-intensity resistance exercise is the key to muscle growth. Intensity is generally described as what percentage of one's one-rep max (1RM) one trains with on each exercise. All things being equal, the higher the intensity the more effective your workout will be.

RESEARCH

University of South Alabama and Baylor University researchers randomly selected trained male subjects to train with high intensity or low intensity while keeping the total volume (sets x reps x weight) the same for both protocols to determine which training method would result in a different outcome when it came to the expression of gene (myosin heavy-chain mRNA) coding for contractile proteins. The high-intensity group did five

sets of six reps at 80% of 1RM. The low-intensity group did three sets of 16 reps at 50% of 1RM. Muscle biopsies were performed immediately before training, and 45 minutes, three hours, 24 hours, and 48 hours post-exercise.

FINDINGS

Both groups grew significantly during the first six weeks of using the higher-rep/short-rest style of training. After the switch to a more traditional style of strength training using 90% 1RM, only the combi group continued to grow for four more weeks.

CONCLUSION

In trained subjects, if volume is kept equal, training with high intensity (80% 1RM) does not lead to more expression of mRNA for contractile proteins than training with low intensity (50% 1RM). Both high-intensity and low-intensity training protocols are equally effective.

APPLICATION

Compare the training styles of Ronnie Coleman and Kai Greene to see this study in action. Both men built a tremendous amount of muscle but used different methods to do so. Coleman was all about heavy weight. Greene opts to feel the muscle work. In your own training, the trick is to get the most out of the weight you're using. When you go light, feel the muscle, squeeze the muscle; make each set count. When the weight is heavy, dig deep and drive through every rep; feel the strain in every muscle fiber.

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UFC FIGHTER

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LEAN MUSCLE



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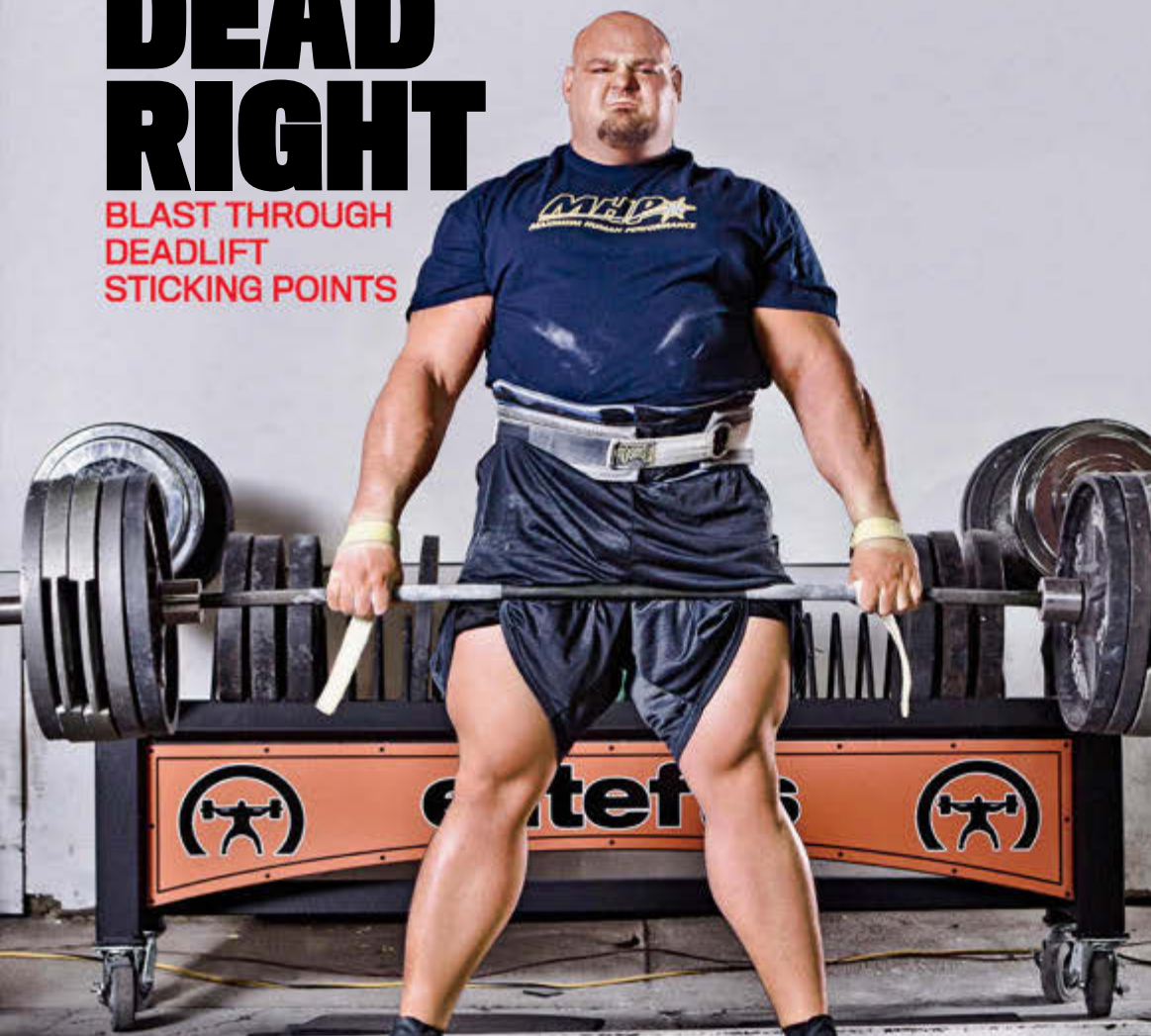


USE ANYTIME,
DAY OR NIGHT



DEAD RIGHT

**BLAST THROUGH
DEADLIFT
STICKING POINTS**



I am frequently asked about how to break through deadlift plateaus. For some, that means breaking the bar off the ground at the start, while for others it's through the midrange of the lift. Then there are those guys who struggle with locking out at the top. Here are some moves to help your deadlift.

THE START

Stay tight as you begin the movement to avoid losing power. Also, if your flexibility is bad it may be preventing you from getting down into the optimal position. This is why stretching is critical—even for strongmen and powerlifters. Flexibility in the hips, glutes, and hamstrings will allow you to sit lower, thereby getting a better center of gravity at the start.

1 Seated Box Jump

Start in a seated position on a bench and place a box on the floor in front of you. In one explosive movement, launch out of the seated position and jump up onto the box in front of you. Repeat.

2 Deficit Deadlift

Performing deadlifts while standing on a couple of mats or boards increases the distance that you have to pull the weight. Use lighter weights on all sets.

3 Accommodating Resistance

Attaching bands or chains to the bar will teach you to pull harder and help build power off the floor.

THE MIDDLE

The best way to pull an elevated deadlift is by using pulling blocks or pulling the bar off a stack of rubber mats. It's also very beneficial to add chains or bands.

THE END

It's always terrible to fail when you're a matter of inches from completing the lift. Most likely your upper back is the weak link. Try these movements for stronger lockouts:

1 Bentover Row

Rotate between using a barbell and dumbbells. Make sure when you do this exercise that you pull the weight to your upper abdomen to build upper-back strength where you need it.

2 Shrug

Going heavy when you shrug can translate to bigger traps and improvements with your deadlift. Rotate between using barbells, dumbbells, or shrugs with a frame or farmer's walk implement.

SEE MORE

Brian Shaw is part of Team MHP. For more info, log on to mhpstrong.com or check out Brian on Facebook.

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REP SPEED

**FAST VS. SLOW.
WHICH REIGNS
SUPREME?**

When using lighter loads, slow down the tempo.

OPENING ARGUMENTS

DEFENSE A slow, steady, and controlled tempo is safer and best for stimulating muscle hypertrophy.

PROSECUTION Lifting too slow reduces the amount of weight that can be used and thus limits ability to add weight and make continued gains.

EVIDENCE

1 It is speculated that slowing the tempo reduces momentum, thereby increasing tension on the muscle.

2 Increasing the tempo allows greater loads to be used, potentially increasing the anabolic stimulus.

3 Lifting weight using a quick tempo is believed to put the lifter at risk of injury.

4 When lifting speed is increased, form is often sacrificed.

5 Studies comparing different rep tempos have found no significant difference in hypertrophy between .5 seconds all the way up to eight full seconds.

VERDICT

Growth would appear to be similar when using rep speeds anywhere from .5 seconds to eight seconds per rep. The primary stimulus for growth during a set is not the speed with which the muscle contracts.

SENTENCING

When using lighter loads, slow down the tempo to increase metabolic stress, which you can gauge by the burning sensation. As the weight loads get heavier throughout your training cycle, rep tempo can increase to ensure successful completion of each set.

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HAM IT UP

TWO MOVES FOR COMPLETE HAMSTRINGS

Better overall hamstring development is important for both symmetry of the thighs and protection against injury. In addition to quad developers like the squat and leg press, you should also be doing hamstring-specific movements such as stiff-leg deadlifts and leg curls. Research has shown lying leg curls do not stress the hamstring in identical fashion as stiff-leg deadlifts: Leg curls activate the lower and outer portion (biceps femoris), while stiff-leg deadlifts place greater emphasis on the upper medial portion. For complete hamstring development, combine both leg curls and stiff-leg deadlifts. If the equipment is available, progress from lying leg curls to seated leg curls after six weeks or so. This will increase the degree of stretch on the hamstrings as long as you make a point to sit up straight. To reduce stress on the lower back, perform stiff leg lifts on a hyperextension bench.

TOTAL HAMSTRINGS WORKOUT

EXERCISE	SETS	REPS
Lying Leg Curl*	4	8-12
Stiff-leg Deadlift	4	8-12

*After six weeks, progress to four sets of 8-12 reps of seated leg curls.

TOM PRINCE'S WONDER WHEELS

■ At his best, Tom Prince, who won the 1997 NPC National Championships, had calves and quads that compared favorably with almost any pro's. Still, it was the sheer size of his hamstrings that ensured his placement on this all-time list. Prince prefers low reps for hamstrings; he built most of his mass with sets in the five-to-eight-rep range.

CONTRACTION PRACTICE

"When I was starting out, I'd stand in my room and flex my hamstring, curling my leg up and squeezing it as hard as I could. Then I'd replicate that feeling of contraction in the gym the next day during every rep of leg curls." —TOM PRINCE



PAVEL YTHALL; CHRIS LUND

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Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new Clinical Strength T-BOMB 3xtreme!



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

*— Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory*

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks. Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market! (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.* Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!*

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

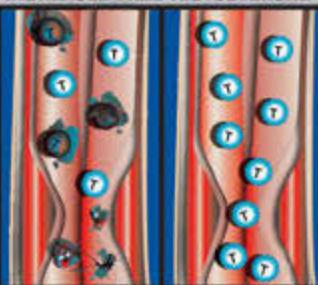


Figure A illustrates what happens to your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

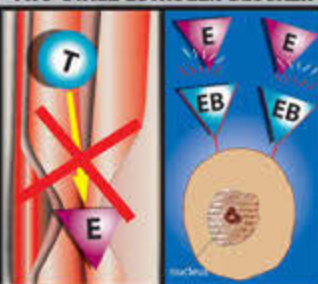


Figure A, T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B, T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

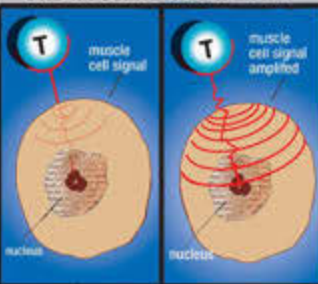


Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B, T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

PAGE 92

**EAT PEPPERS,
TORCH FAT**
**FEAST ON NATURE'S
FLAB FIGHTER**



Why you should cut butter some slack, and how to add 20 pounds of muscle on the cheap.

PAGE 90

Quench your thirst and avoid slurping down sugar bombs with diet fruit juice.

PAGE 94

This slow-digesting protein will feed your muscles for hours—and it's not casein.

PAGE 96



What you really need to support muscle growth is the proper amount of quality calories.

COST EFFECTIVE

I'M AN 18-YEAR-OLD BODYBUILDER WHO WEIGHS 160 POUNDS. I WANT TO GET TO 180 BUT DON'T HAVE A LOT OF CASH FLOW. HOW CAN I ADD MORE MUSCLE ON MY BUDGET?

■ The good news is that you can get in enough protein, and it's very affordable. First, though, FLEX needs to address a misconception you may have: You don't grow exclusively from consuming protein—you need only about one gram per pound of body weight each day. Let's go a little on the high side, though, and use your target weight: You should aim to get in about 180 grams of protein every day. What you really need to support muscle growth is the proper amount of quality calories. Follow these budget-friendly tips.

1 Rely on inexpensive protein sources.

You can pick up many "lesser quality" foods that are higher in protein on the cheap. Keep in mind that you're not a competitive bodybuilder getting ready for the stage. Not only can you afford to consume high-calorie foods that provide a modicum of protein, but you can also make good use of these additional calories. Good choices include fattier cuts of meat, whole-fat milk, cottage cheese, other types of cheeses, deli meat, whole eggs, and packaged fish such as tuna and sardines packed in oil.

2 Consume plenty of calories every day.

You probably need as many as 25 calories per pound each day to allow your body to add as much muscle mass as it can—that's up to about 4,000 calories in your case. When you under-consume calories, your body will take longer to build muscle because it's preferentially fueling daily activity and your high metabolic rate rather than building muscle tissue. Inexpensive, good sources of carb calories that you can consume for your goals include pasta, oatmeal, whole-grain breads, yams, and potatoes.

3 Use the right supplements.

Many weight gainers make good pre- and post-workout shakes because they're high in carbs and protein. Another benefit of these products is that they're easy for hardgainers to take in because they're consumed as liquids. To make your own weight gainer, add equal parts inexpensive whey protein and table sugar and consume this before, during, and after workouts. Consider tossing in some creatine—it's relatively inexpensive—to help maximize your muscle growth for the buck.

MYTH BUSTERS

Avoid butter on a bodybuilding diet.

■ Bodybuilders are almost always ahead of the science curve on the benefits of many foods. One place where they have lagged, though, is in the benefits of including moderate amounts of butter in their diets.

That's because butter provides few nutrients in addition to the saturated fats it contains (these include calcium, vitamin A, and vitamin D). Saturated fats were so demonized by both the medical community and bodybuilders that many bodybuilders cut these fats from their diets.

But now we know that saturated fats don't cause the long-claimed health harms, and that they're important for providing the raw materials necessary to build hormones such as testosterone. Whether you're cutting carbs to reduce body fat or adding calories to increase muscle, butter can help support testosterone production.

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BRING THE HEAT

SPICE IT UP AND BURN MORE FAT WITH CAPSAICIN

■ **Capsaicin is a popular ingredient** in many fat-burning supplements, and you can also get it in many spicy foods. Research has long shown that capsaicin boosts metabolic rate and encourages your body to pull fat from storage to fuel activity.

A new study presented last February demonstrates the effectiveness of consuming capsaicin to combat obesity. This effect was seen in both sedentary and active populations. So, it's no great stretch to understand its implications for those with small or moderate amounts of body fat who want to prepare for a bodybuilding stage or photo shoot, or just get shredded.

Choose a supplement that contains capsaicin or add more spicy foods such as chili peppers, jalapeños, or habaneros to your diet. Generally, the spicier a pepper, the more capsaicin it contains, and the more it will help you shed body fat. But even sweet peppers such as bell peppers contain capsaicin.



Capsaicin boosts metabolic rate and pulls fat from storage to fuel activity.

YOU DON'T KNOW BEANS

Kick-start your day with this high-protein, high-fiber food

BLACK BEANS



FIBER

7.5G

PROTEIN

7.6G

CALORIES

114

KIDNEY BEANS



FIBER

5.5G

PROTEIN

6.7G

CALORIES

108

LENTILS



FIBER

7.8G

PROTEIN

8.9G

CALORIES

115

PINTO BEANS



FIBER

9.8G

PROTEIN

10.6G

CALORIES

184

■ **The classic British breakfast** includes bacon (interestingly, of the Canadian variety), eggs, mushrooms, tomatoes, baked beans, and toast. The good news for bodybuilders is that everything on this plate is likely on your diet. You may want to make some slight modifications to what they serve in the U.K., though. Instead of using processed baked beans with all the sugars and other additives, you can add a side of black or kidney beans or lentils. You should also flip out the white bread in favor of a whole-grain variety.

Beans and lentils are very high in fiber, providing many health benefits in addition to slowing the absorption rate of foods and reducing unwanted insulin release. Here's a quick overview of what a few popular types of beans and lentils provide for only four ounces:

Many bodybuilders want to get in protein as quickly as possible when they arise because they haven't fed their muscles for several hours. But you also want to sustain a slow release of amino acids after that. To achieve both of these goals, follow this FLEX Rx:

1 Take in a whey protein shake upon rising.

2 Eat a full breakfast that includes a four-ounce side of beans or lentils about 20 minutes later.

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* Additional scientific research and selected references available at snac.com

FOOD & SUPPS | FOOD OF THE MONTH

BY STEVEN STIEFEL

JUICE TIME

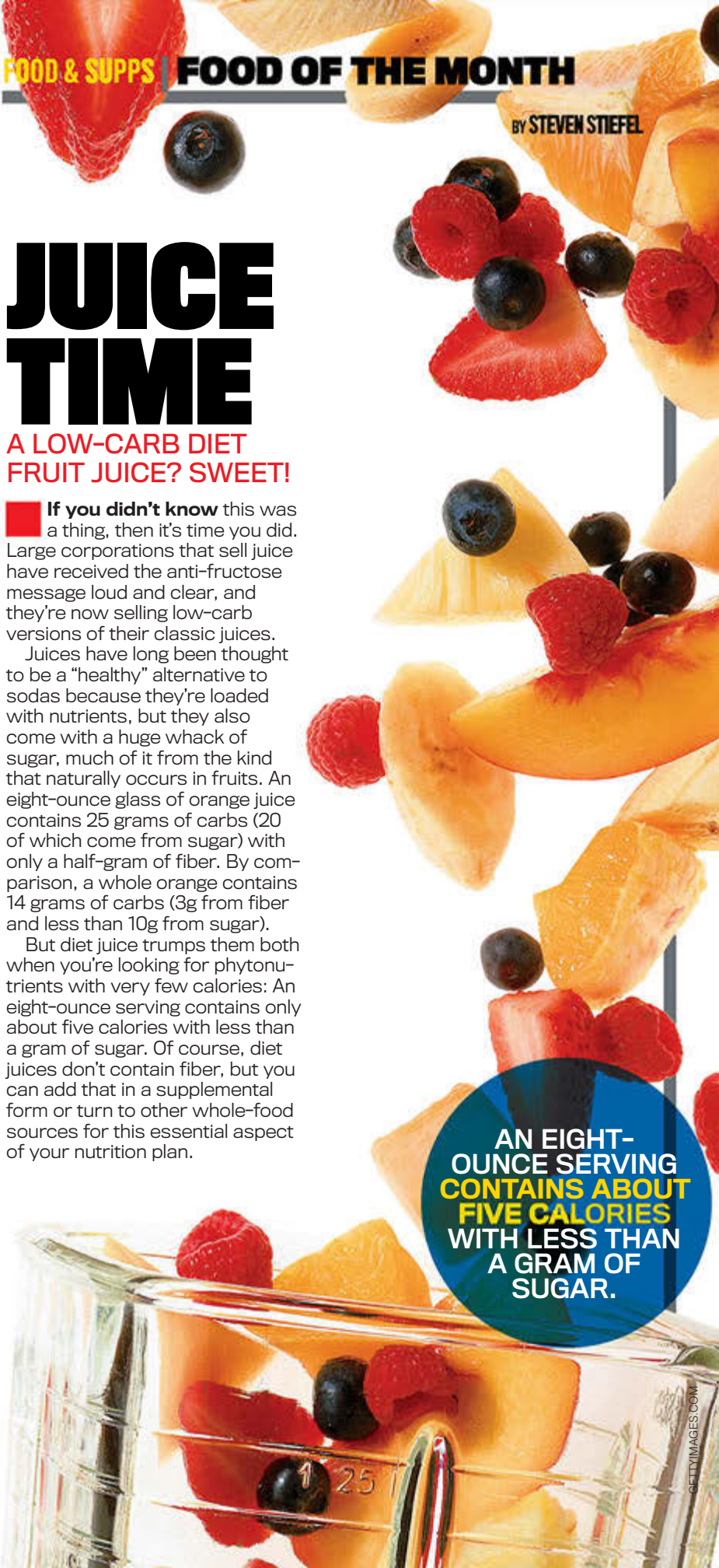
A LOW-CARB DIET FRUIT JUICE? SWEET!

If you didn't know this was a thing, then it's time you did. Large corporations that sell juice have received the anti-fructose message loud and clear, and they're now selling low-carb versions of their classic juices.

Juices have long been thought to be a "healthy" alternative to sodas because they're loaded with nutrients, but they also come with a huge whack of sugar, much of it from the kind that naturally occurs in fruits. An eight-ounce glass of orange juice contains 25 grams of carbs (20 of which come from sugar) with only a half-gram of fiber. By comparison, a whole orange contains 14 grams of carbs (3g from fiber and less than 10g from sugar).

But diet juice trumps them both when you're looking for phytonutrients with very few calories: An eight-ounce serving contains only about five calories with less than a gram of sugar. Of course, diet juices don't contain fiber, but you can add that in a supplemental form or turn to other whole-food sources for this essential aspect of your nutrition plan.

**AN EIGHT-OUNCE SERVING
CONTAINS ABOUT
FIVE CALORIES
WITH LESS THAN
A GRAM OF
SUGAR.**



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ZMA-5 is a Rapid Recovery Sleep Enhancer available in both capsules and ZMA Nightcap powdered drinks, exclusively from SNAC Nutrition.

ZMA plus 5-HTP: Over the last decade ZMA has become one of the most popular sports nutrition products ever developed. This highly bio-available zinc and magnesium formula was the first product designed specifically to enhance recovery, regeneration and growth by improving sleep efficiency. ZMA was originally created to significantly increase muscle strength and endurance. This novel ZMA-5 formula combines ZMA with the amino acid 5-hydroxytryptophan (5-HTP) to create a synergistic and highly potent combination. The zinc, magnesium and vitamin B-6 contained in ZMA are all three co-factors in the conversion of 5-HTP to serotonin, an important neurotransmitter that helps regulate mood and sleep. 5-HTP has been shown to significantly increase REM (rapid eye movement) sleep while simultaneously increasing SWS or slow-wave sleep (deep sleep stages 3 and 4) and without increasing the duration of total sleep time. In normal young adults, a burst of growth hormone (GH) occurs shortly after sleep onset, in association with the first period of slow-wave sleep. In men, approximately 70% of the daily GH output occurs during this same period of SWS throughout adulthood. In a study of the effects of power exercise on the sleep of a group

of trained power lifters, the tendency was for this type of more strenuous exercise to affect sleep adversely. In addition, long duration daytime exercise of moderate intensity has been shown to decrease GH and testosterone production during nighttime sleep. So, it is extremely important for athletes to get a deep and restful sleep because this is when healing, tissue repair, anabolic hormone production and muscle growth are maximized.

ZMA Buyers Beware: As a result of ZMA's world-wide success, there are now cheap imitation "Zinc Magnesium Aspartate" products available on the market. These knock-off ZMA products contain inferior ingredients and also often contain much lower dosages of zinc and/or magnesium. Please be aware that these imitation products are NOT the same as ZMA and may not produce the same results obtained in the ZMA study.

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* Selected references (1-11) are available at snac.com

WHEY TO GO SLOW

ADD "SLOW DIGESTING" TO THE LIST OF ADVANTAGES THIS NEW VERSION OF WHEY PROTEIN HAS OVER CASEIN

It's no secret that milk is the best food for growth available to humans—after all, it's often the only thing we consume during the first few months of our lives. It's also no secret that the proteins contained in milk help bodybuilders increase muscle mass once they've reached adulthood. But milk contains more than one type of protein. Generally, these proteins are divided into slow- and fast-digesting forms. Casein is a large, complicated molecule that takes the body much longer to process, delivering its amino acids over several hours. That's great when you want a sustained influx.

But whey has long been known for delivering an amino-acid profile preferable to casein. **It's also a much simpler protein molecule:** The body is able to digest it much more quickly, driving these amino acids to muscle tissue, where it can be utilized almost immediately. However, whey's downfall, until now, has been that it clears your system so quickly that it's not as good for a steady release of aminos compared with casein. MuscleTech has addressed this issue with Micellar Whey, its new protein product that gives you all the advantages of whey's superior amino-acid profile with the sustained-release benefits of casein's.

Here's more on the advantages of this innovative protein product.

MICELLAR WHEY HAS A BETTER BV THAN CASEIN.

This slow-digesting form of whey protein contains a better biological value (BV) than casein. Biological value is an important aspect of protein absorption and your body's ability to utilize the protein you consume. You can take in all the protein you want, but if you can't absorb or process it to support muscle growth and other physiological processes, then it just goes to waste, literally. That's not the case for either casein or Micellar Whey. However, whey has a BV of 104, compared with casein's 77. This means both are good sources of slow-digesting proteins, but whey is better.

MICELLAR WHEY HELPS MUSCLE GROWTH WHILE BOOSTING STRENGTH.

This product gives you the amino acids that your body can readily absorb to support superior muscle growth. In addition, this product helps boost strength. The combination of increased muscle growth and strength are intertwined, each supporting the other: Greater muscle mass is associated with more strength, and greater strength leads to enhanced muscle growth.

MICELLAR WHEY CONTAINS MORE BCAAs AND LEUCINE.

While BV addresses the quantity of amino acids your body takes in, the quality of them is equally important. Whey protein in general—and Micellar Whey in particular—delivers far more BCAAs, especially the most important of these: leucine. This group of aminos is the most anabolic of those in our diets, helping to prevent muscle breakdown during intense training sessions. After workouts, leucine helps encourage the release of insulin to drive nutrients to working muscle tissue for recovery and growth. BCAAs also help reduce muscle soreness and support your immune system.

SPEED UP GAINS WITH SLOW-DIGESTING WHEY

Micellar Whey is designed to work as a pre- and post-workout shake. It's also good to take between meals or before bedtime, when you want a sustained release of amino acids to prevent catabolism (muscle break-down). Micellar Whey has a higher BV and a superior amino-acid profile than casein, helping you maximize muscle building. This new product is available in vanilla and milk chocolate flavors, and each one-scoop serving provides 25 grams of protein.

The benefits of whey and casein protein in one innovative protein product.





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DRAGON

THE MINDSET AND
TRAINING METHODS
THAT HAVE MADE
FLEX LEWIS NO. 1

 **James “Flex” Lewis** established himself as the best 212-and-under bodybuilder when he won the 212 Showdown at the 2012 Olympia Weekend. Since that win, Lewis has remained undefeated. While it takes a great physique to win a bodybuilding contest, it's the mind behind the muscle that gets the body into the gym and onstage to do what it does. Here FLEX the magazine talks to Flex, the man, about the mindset and training methods that have taken him to the very top of his division.

BY TONY MONCHINSKI
PHOTOGRAPHS BY CHARLES LOWTHIAN



FLEX: When you started lifting, what were your workouts like?

FLEX LEWIS: Very primitive. Bare basics. Which is probably why I have the mindset I have. One of the first gyms I ever joined was a powerlifting gym. We had a squat rack and bench presses, and we had homemade dumbbells because one of the guys in the gym was a

welder. There was a seated chest press we'd turn into a back exercise. Any piece of equipment—we'd take its conventional style, whatever it was made for, and turn it into something else.

That mindset—that you see these great bodybuilders coming out of these places without X, Y, and Z equipment—that mindset was instilled in me early on. Some guys come from very well-equipped facilities, and when they're forced to travel and train in some hole-in-the-wall with antique pieces they bug out. Dorian Yates was a freak of nature, and he was created in a small little underground gym with no room to swing a cat, so to speak.

Were you one of those guys who neglected entire body parts?

No, although I did fall into that thing everybody falls into: trying to keep up with your friends and peers and not stimulating the muscle you're trying to work. For example, I'd use a lot of triceps instead of chest on the bench press.

Early on, some of my body parts blew up, like my legs. Others didn't, like my chest. Part of that was because I was pressing with my shoulders and my triceps. Chest took a backseat not because I wasn't training it but because I was training it wrong. I never really had someone say, "Slow yourself down, concentrate on the squeeze." It wasn't until I'd won a couple of shows and was traveling back and forth to the States that I said to myself, "Something isn't right. I need to learn the essence of the mind-muscle link."

I dropped the weights and started pressing the bar again just to get that mind-muscle connection. And I'd feel it when I was going too heavy. I could press 315 for reps, but I'd be getting a pump in my triceps and delts. It was more of a powerlifting movement. I wasn't feeling it in my chest. So I guess I should say I wasn't feeling it when I was going heavy. But I understood what I was doing wrong, and I was

"I NEVER WENT TO THE GYM TO GET THE BIG ARMS AND THE BIG CHEST. IT WAS THE OPPOSITE: I WANTED BIG LEGS!"



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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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"My rep range is never less than six and sometimes up to 30."

willing and able to correct it, which meant dropping a plate on each side, slowing down the reps, and concentrating on the feel.

When many guys start training, they neglect an entire part of their body, either their legs because they're so hard to train right or their backs because they don't see their backs in the mirror.

When I was 12 and saw my first bodybuilding book, it was the *Encyclopedia of Bodybuilding* [by Robert H. Kennedy], with photos of Tom Platz. That's what got my attention. I never went into the gym to get the big arms and the big chest. It was the opposite: I wanted big legs!

We've detailed your last back workout and a typical Y3T training protocol. What else do you do to increase the intensity and work that muscle?

My rep range is never less than six and sometimes all the way up to 30, depending on how I feel. As the sets continue, the reps decrease, and the weights increase slightly.

If I don't feel like I've had a good set or didn't put the weight up high enough, I won't count that as a working set. For instance, I might have a goal of doing five sets of low pulley rows, but I may complete a set feeling like I didn't do it well enough to consider it a work set. So I won't. I'd do another set with the same amount of reps

and count that as my set. That said, I'm not one of these guys who have a fixed number of sets in my head that I've just got to do.

Your training sounds more instinctual.

I remember meeting Tom Platz very early in my career. They say, "Never meet your idols [because you'll be disappointed]," but I met him and walked away with more enthusiasm for having done so than I could have ever imagined. He gave me advice. Tom said he would go into a set with the same approach every time and that was not having a number of reps in his head. He was going for "total annihilation." I remember his telling me this. [Amused] "Total annihilation" was when his hands wouldn't be able to grasp the bar any longer if he was doing arms, or

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*Schwett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2020, 6(Suppl 1):P1

*Schwett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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his legs would just fatigue and collapse. Not saying I agree with that crazy mentality, but if I do have a number of reps I want to achieve and I can do more, I'll do more. I'll do a rest-pause and go for a couple more reps.

How often do you and Neil [Hill, Lewis' trainer and nutritionist] change it up?

We've been working together for a number of years. He knows I like to mix things up, and he works with me. When I'm on the road, my workouts tend to look like a Week 2 of Y3T. Before a show, we'll do a four- to six-week program, mix it up, do another four to six weeks, mix it up, and do a third four to six weeks for up to 18 weeks total.

Do you ever deviate from the plan?

When Neil is in town he dictates what we do. However, I do a lot of traveling, so it's virtually impossible to stick to a strict training regime. One day I could be training in an L.A. Fitness-type gym and the next in a real hardcore bodybuilding dungeon. My mindset is always to have a phenomenal workout regardless of the situation, regardless of the time, the location, the gym, whatever jet lag I may have. I make do with what I've got and the tools available to me.

There are some guys I've been around, their way of thinking is: "Shit! I'm out of my gym, so I have to train easy to maintain." I can agree with that to a certain extent, because we do get used to our creature comforts, our strict meal plans, having our bodies functioning in a certain time zone. But all that aside, the true champion from the time of Arnold to today makes do with what is available to him and repeats his wins. It all comes down to your mindset and what you're willing to do with what you have.

What if you're having one of those days when you just don't feel like training?

There have been occurrences of old where that's happened, but

that's a rare occasion. I start my day knowing what I'll be training, and it's a commitment regardless of how shitty or how great my day has been. The body part that is going to be trained is the body part that is going to be trained. I don't have a set Monday/chest, Tuesday/that routine week in and week out, because traveling takes its toll. What I do is, if I know I'm leaving and have a two-day trip just to get



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LEWIS' BACK WORKOUT

EXERCISE	SETS	REPS
Lat Pulldown	2-3	10-14
Low Pulley Row	2-3	10-14
Single-arm Dumbbell Row	2-3	10-14
Pullup	2-3	10-14
T-bar Row	2-3	10-14
Hyperextension	2-3	10-14
Low Hammer Row	2-3	10-14

BASIC Y3T PROGRAM

WEEK 1

Perform two to three heavy, compound exercises for two to three sets each in the 6- to 12-rep range.

WEEK 2

Add an isolation exercise to the two to three compound exercises; two to three sets of each for 10 to 14 reps.

WEEK 3

Exercises similar to Week 2, but exercises are typically done for one set, and rep ranges vary from 14 to 30 or more reps; incorporating dropsets, giant sets, rest-pause, and supersets.

to Australia, I'll combine four days of training back-to-back, whereas usually I like to have three days on, one day off, followed by two days on and one day off.

You're known as a modest guy. Why? You're the best 212-and-under bodybuilder in the world. You're one of the best bodybuilders in the world.

Personally, I respect a humble champion, someone who is confident and knows where he stands in life and onstage. I think a lot of people lose sight of that as soon as they get one or two wins under their belts. Maybe not as one pro to another pro, but definitely when they get in front of the fans and the media.

I love [MMA fighter] Georges St-Pierre. When he was a champion he was a humble champion. I always appreciated that. Jon Jones [UFC light-heavyweight champion] came in humble, but over time showed his true character. One of my closest friends in that sport, Anthony "Rumble" Johnson, won his last fight in Sweden. He's the No. 1 contender to fight Jones. And I hope he knocks Jones out! [Laughing] Put that in print! I'm aware that the respect factor can be taken away fast, because I've seen it happen to athletes I once admired.

The things that make you a champion bodybuilder would make you a bad rapper because you don't like to brag.

Now that I've got the title I find it's like I'm expected to have the cockiness. But that's not me. My mother is the first person who'd kick my ass if I changed, and I'm not going to f---k with that woman!

Joking aside, I'd rather be a champion doing what I need to do on- and offstage. Shaking the right hands in front of the camera and then shaking the hands of the people who will never be seen behind it. **FLEX**

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BY STEVEN STIEFEL PHOTOGRAPHS BY BRIAN KLUTCH FOOD STYLING BY CLAUDIA FICCA

LIVE AND

HOW YOU CAN ADAPT EACH OF THESE NUTRITION PHILOSOPHIES TO ACHIEVE

Every bodybuilder knows that one of the best ways to shed body fat is to cut carbs while consuming a diet that's high in protein and essential fats. What you may not know is that there are many different low-carb programs, and they all work a little differently. FLEX will get into the differences in a minute, but here's what these diets all have in common: They help you reduce body fat quickly while sparing muscle mass.

Cutting carbs helps prevent overspiking insulin, and it also encourages your body to release stored fat that can then be burned as fuel. However, it initially takes body fat much longer to be converted into usable fuel than the carbs you consume. That's why many people feel less energetic when they start training on a low-carb diet.

Science continues to show that low-carb diets are beneficial for burning body fat as compared with diets equal



LET DIET

THREE "FAD" CARB-CUTTING YOUR BODYBUILDING GOALS

in calories but much higher in carbs. Part of the reason for this is that taking in sufficient fats and plenty of protein helps stoke your internal furnace—your metabolic rate, the amount of calories you naturally burn at rest—which encourages additional release of body fat to be used as fuel.

In this article we explain the difference between three different low-carb diets to help you evaluate which low-carb plan you should follow. These include a Paleolithic diet, a ketogenic strategy, and a carb-rotating plan. We give you the basic tenets of each, and we explain the upsides and drawbacks of each. Some of these diets are somewhat controversial, but that doesn't mean they aren't effective. Some experts take issue with these claims, but what's important is that any of these three programs will help you shed body fat.

THE PALEOLITHIC DIET

PHILOSOPHY

Our ancient ancestors didn't have access to crops, convenience stores, or fast-food restaurants. They were limited to consuming the plants and animals they could hunt or gather. This meant that the bulk of their diet consisted of large amounts of meat (when it was available), and otherwise they subsisted on plants—wild berries, certain greens, and often bugs (although bugs aren't an emphasized part of the contemporary Paleolithic diet). What was absent from our ancestors' diets were grains, large amounts of sugar, and processed starches.

Based on this, proponents of the Paleolithic diet argue that our bodies are genetically adapted to better process the foods we've been eating for eons rather than those that have been added since the advent of agriculture and modern food processing. Consuming these ancient foods leads to better health, muscle growth, and reduced body fat.

HOW TO FOLLOW THE PALEOLITHIC DIET

Many people also include milk-derived protein shakes and insulin-spiking sugars around workouts to boost muscle gains while decreasing body fat

BREAKFAST

Eggs, salmon, fruit

MIDMORNING SNACK

Chicken breast, spinach salad with olive oil

LUNCH

Lamb shank, sweet potato, asparagus

PRE-WORKOUT

Turkey breast, fruit

POST-WORKOUT

Egg whites, fruit

DINNER

Steak, baked potato, vegetables

BEDTIME SNACK

Whole boiled eggs

WHAT YOU SHOULD EAT

Meat, meat, and more meat, plus vegetables, fruit, tubers (yams and potatoes), seafood, nuts and seeds, and oils such as coconut and olive

WHAT YOU SHOULDN'T EAT

Grains, legumes, dairy (especially low-fat milk because of the lactose), and processed foods, particularly sugar and salt (other than sea), artificial sweeteners, and vegetable oils

CONS

From a bodybuilding perspective, a Paleo diet is neither a cutting nor a mass-building plan. It fits in the middle, which is not the best option for those trying to maximize muscle mass or fat reduction.

PROS

This is a good lifestyle nutrition plan that's highly beneficial for bodybuilders who want to stay lean year-round and slowly increase muscle mass. You can eat as many calories as you want, as you'll get in most of these calories through foods high in protein and dietary fats.

WHY YOU SHOULD FOLLOW IT

Consider following the Paleolithic diet if you're trying to decrease body fat while adding muscle mass, but you don't aspire to compete on a bodybuilding stage.

Proponents of the Paleo diet argue that our bodies are adapted to process the foods we've been eating for eons rather than those that have been added since the advent of agriculture.





During the initial stages, it's best to cut even fruits and vegetables to make sure your carb intake is minimal and you reach ketosis as quickly as possible.

THE KETOGENIC DIET

PHILOSOPHY

When you cut carbs out of your diet, your body must find an alternative source of energy. The body turns first to muscle tissue, breaking it down to fuel activity. However, if you take in an adequate amount of protein, this will help protect your muscle tissue and encourage your body to use stored body fat instead.

The ketogenic diet is a way to trick your body into thinking it's in starvation mode while you're still consuming enough calories from protein and fat to provide satiety and protect your muscle mass from being used as fuel. The ketogenic diet is very similar to the Atkins Diet, with perhaps the biggest difference being that on Atkins you don't pee on ketone strips to determine if you're in ketosis. This is the condition in which your body is releasing stored fat to fuel activity, and ketone bodies are present in your urine, providing a measurable indication that you are in this state.

HOW TO FOLLOW THE KETOGENIC DIET

You can include plenty of non-carb dairy, but you need to cut out milk for its lactose. Also, take in low-carb protein shakes throughout the day.

BREAKFAST

Bacon, eggs

MIDMORNING SNACK

Cheddar cheese, no-carb deli meat

LUNCH

Salmon, avocado (or chicken and mayo)

PRE-WORKOUT

Whey protein, creatine, BCAAs, glutamine

POST-WORKOUT

Whey protein, creatine, BCAAs, glutamine

DINNER

Flank steak, spinach with olive oil

BEDTIME SNACK

Boiled eggs, turkey breast (or casein protein)

WHAT YOU SHOULD EAT

Meat, cheese, oils, fish, eggs, very low-carb protein products

WHAT YOU SHOULDN'T EAT

Processed foods, sugars, grains, and even vegetables and fruits

CONS

You can't eat carbs and stay in ketosis, making this a fairly restrictive diet. During the initial stages, it's best to cut even fruits and vegetables to make sure your carb intake is minimal and you reach ketosis as quickly as possible. And you have to pee on ketone strips to check your urine for ketones. Often people develop an odd breath odor when they enter ketosis.

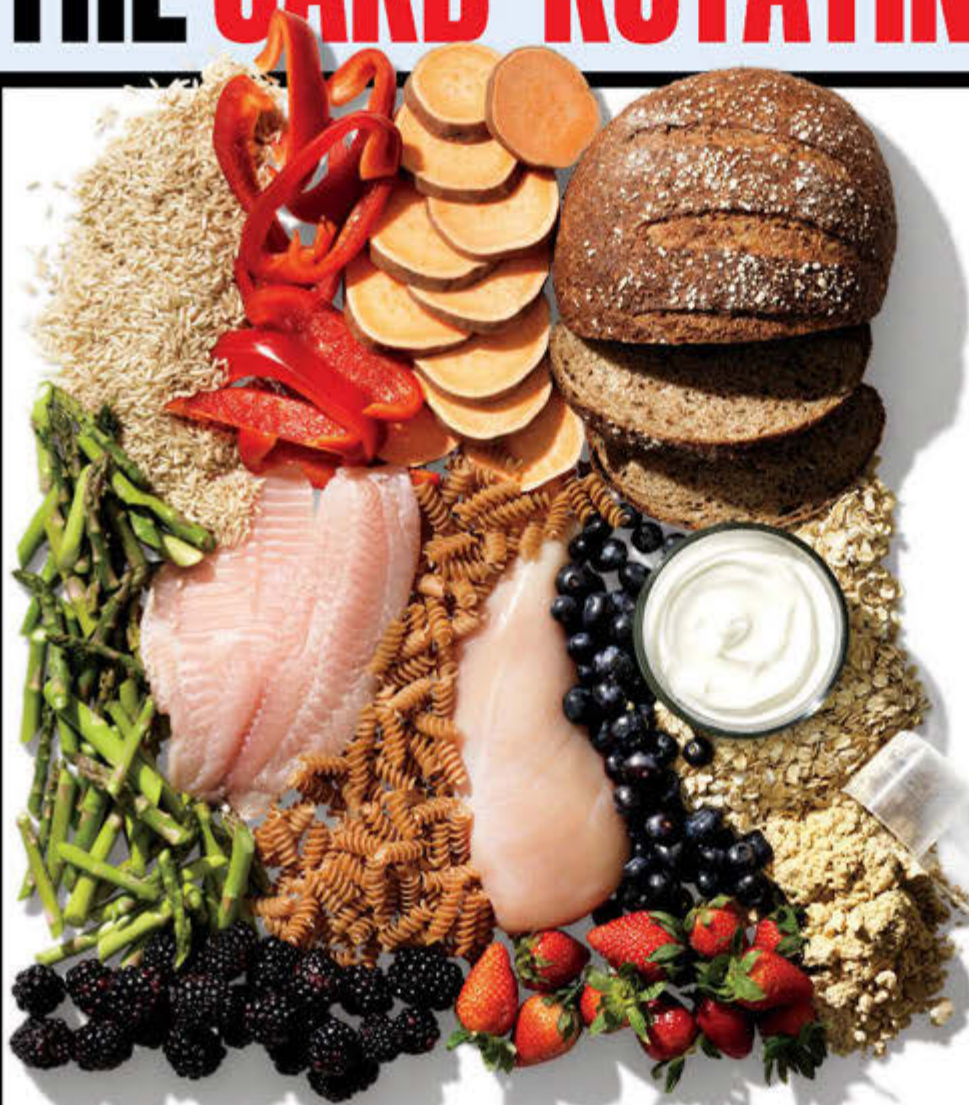
PROS

You can consume your regular amount of calories (or slightly fewer), so you're not likely to suffer from hunger. Add fibrous vegetables (broccoli, spinach, other greens) once you reach ketosis. Recently, some endurance athletes have started following a ketogenic diet program, reporting that it allows them to perform extreme events without "bonking" because they have a ready supply of body fat, and their bodies are no longer dependent on carbs to fuel activity. This may translate to bodybuilders training with intensity to prepare for a contest.

WHY YOU SHOULD FOLLOW IT

The ketogenic diet is among the fastest fat-loss diets available, because you can eat just about as much as you want throughout the day so long as you stick to the foods on the program. Some professional bodybuilders use ketosis as their gauge to determine the success of their diet.

THE CARB-ROTATING DIET



PHILOSOPHY

Carbs have many different effects on the body. When you consume very few of them, you begin to burn body fat. But your metabolic rate—the number of calories your body burns every day—also begins to decrease. However, drastically changing up the amount of carbs you take in on a daily basis helps rev up your metabolic rate.

Rotating the amount of carbs you consume from day to day will help you feel better over the long haul, and it will allow you to burn more body fat than consuming a low-carb diet in which you don't include high-carb days.

WHAT YOU SHOULD EAT

Virtually every food on a standard bodybuilding diet, depending on the day of the week. This includes high-protein foods: meat, eggs, protein shakes, cheese, and vegetables and fruit. And even high-carb foods, such as low-fat sugary treats on specific days.

WHAT YOU SHOULDN'T EAT

Foods high in both fats and carbs. This plan allows you to consume foods that are high in carb content or fats but not both at the same time.

CONS

Many bodybuilders follow the same meal plan every day. Carb rotating forces you to change up your plan based on the day of the week.

PROS

The high-carb days help your muscles get full while you're also reducing body fat.

WHY YOU SHOULD FOLLOW IT

This is one of the best plans for maintaining muscle mass while burning body fat.

HOW TO FOLLOW THE CARB-ROTATING DIET

Instead of having a daily plan, it's crucial to understand how many carbs you should consume each day of the week, because your diet varies significantly from day to day. Good sources of slow-burning carbs are yams, brown rice, oatmeal, and whole-grain breads. Fast-burning carbs come from sugar, honey, and low-fat processed breads. You can even consume desserts such as angel-food cake on some days so long as they are extremely low in fats. The following plan is based on a bodybuilder who typically eats about 300 grams of carbs per day for off-season body-weight maintenance. You may need to adjust these numbers up or down depending on your body weight, metabolic rate, and typical carbs/calorie intake when you're not dieting.

MONDAY 150g from slow-burning carbs in the morning, and fast-burning carbs around your workouts. Divide these into nearly equal servings. Other than vegetables, avoid carbs with your dinner and late-night snack.

TUESDAY Same as Monday.

WEDNESDAY Same as Monday.

THURSDAY 400-500g of carbs, getting in plenty of carbs throughout the day. Cut dietary fats very low on high-carb days.

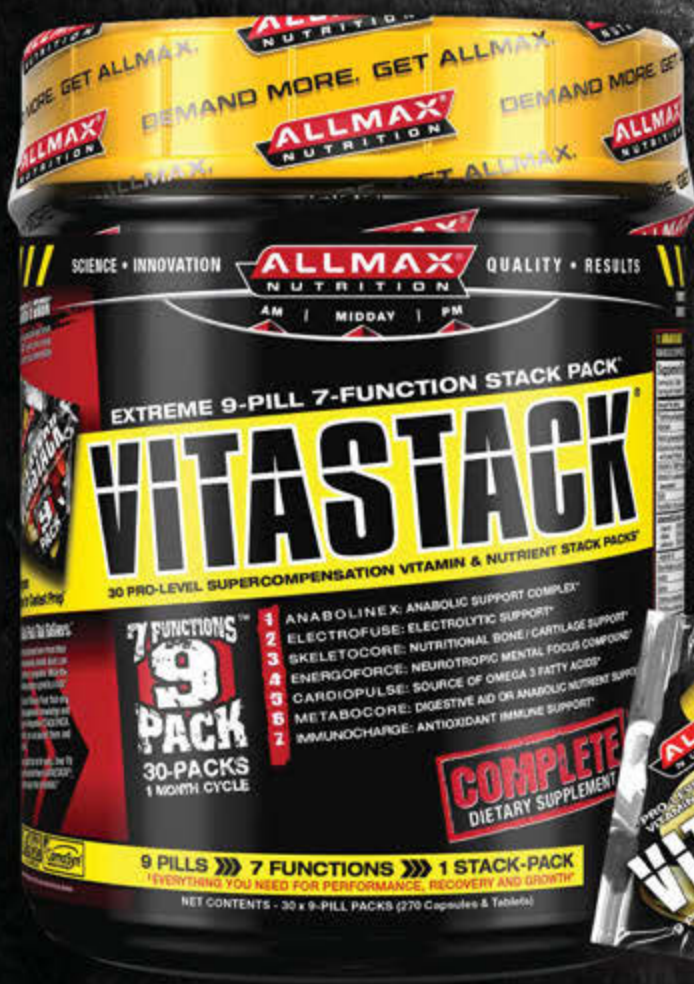
FRIDAY Same as Monday.

SATURDAY Same as Monday.

SUNDAY 300g of carbs. Emphasize one large "cheat" meal rather than consuming carbs throughout the day. A low-fat pasta meal is a good example of a cheat meal for this day.

COMPLETE

**EVERYTHING YOU NEED FOR
PERFORMANCE, RECOVERY & GROWTH**



1: ANABOLINEX

Anabolic Stimulation Complex

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6: METABOCORE

Anabolic Nutrient Optimizer

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- ALL 8 ISOMERS OF VITAMIN E
- 3 FORMS OF VITAMIN C
- 3 FORMS VITAMIN B12
- **1,000 MG OMEGA 3**

**ARE OMEGAS IN
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VITASTACK HAS OVER 70 HIGHLY POTENT AND BIOAVAILABLE VITAMINS TO HELP REPAIR, REBUILD AND RECHARGE YOUR BODY.

SIMPLE: 1 PACKET, EVERY MORNING AND YOU'RE DONE.

**7 FUNCTIONS™
9
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THE GIRLS ARE BACK

**FLEX TAKES A LOOK AT OUR GROUNDBREAKING
WOMEN'S TRAINING PICTORIALS—EASY ON THE EYES
AND GUARANTEED TO RAISE YOUR PULSE**

PHOTOGRAPHS BY PAVEL YTHJALL

In the early days, training features with the sport's top female athletes were a regular thing in the pages of FLEX. In fact, Ms. Olympias Rachel McLish, Carla Dunlap, Cory Everson, Lenda Murray, and other women were frequent cover models. Then, that ever-popular staple of men's publications—the swimsuit issue and other glitzy, glamorous pictorials—soon replaced those stories (not that we're complaining). But FLEX has always recognized that the women's side of our sport is just as much about sweating and pushing it to the limit in the gym as it is for the men. So, in 2008, FLEX resurrected women's training, albeit with a new, edgy look. In this exclusive, we compiled the best of that series so you can see just how hard figure, fitness, and bikini athletes work out. And yes, there's no denying it: They look good doing it!

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ERIN STERN

"It's neat to look down and see your muscles working. That's one of the advantages of wearing clothes that show off your muscles. You can see it all happening."





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FORMULA!**

THE NEXT EVOLUTION IN WEIGHT LOSS



Experience an evolution in intense sensory with the all-new **HYDROXYCUT HARDCORE® NEXT GEN!** Tackle your most demanding workouts with a formula that will stand up to anything you've ever tried. It's fortified with a precise dose of ultra-potent caffeine anhydrous to enhance focus, and the power of green coffee to support real weight loss results. It's even packed with a never-before-seen combination of hot ingredients like *Scutellaria*, *Coleus* and yohimbe for an unparalleled sensory experience. For the results you crave, get a trusted name in weight loss – get **HYDROXYCUT HARDCORE® NEXT GEN** from MuscleTech®.

NEW FORMULA NOW FEATURING:

290MG CAFFEINE

With more ultra-pure caffeine anhydrous than the previous formula, you get extreme energy for maximum training intensity and thermogenesis, plus increased mental focus after just one dose.

75MG SCUTELLARIA

From the species *Scutellaria*, an herb from the mint family that supplies compounds such as flavonoids, and contributes to the overall sensory experience when combined with caffeine.

145MG COLEUS, QUAYUSA & OPHIOPOCON

A potent, never-before-seen combination of in-demand ingredients that works to deliver an unmatched sensory experience for ultimate intensity.

400MG GREEN COFFEE

Delivers 400mg green coffee bean extract, including 200mg of standardized green coffee supplying 45% chlorogenic acids, which has been scientifically shown to help study subjects lose 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a low-calorie diet and moderate exercise.

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JENN GATES

"When I first started, I wanted to put on size. I wanted to be ripped and muscular, and I wasn't afraid of being too big."



ALL-NEW ADVANCEMENT IN CREATINE



CLINICALLY STUDIED, FREE-ACID CREATOR FORMULA

FORMULATED BASED ON RESEARCH FROM THE UNIVERSITY OF NOTTINGHAM

All-new Creator™ from MuscleTech® is a powerful creatine formula that delivers a never-before-seen ratio of creatine molecules for massive gains in size and strength and improved recovery. Unlike the other guys, Creator™ delivers a 1:1 ratio of 100% ultra-pure, lab-tested creatine HCl plus free-acid creatine – the purest form of creatine, free of acids and salts. Plus, there's zero bloating, and you don't need to load or cycle off. For advanced results, get Creator™ today.

- Backed by 2 clinical studies
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CREATOR™ IS SUPERIOR TO THE COMPETITION



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1:1 RATIO OF CREATINE

Features a potent combination of 750mg of free-acid creatine and 750mg of creatine HCl

HIGHEST QUALITY

Contains zero fillers, carbs, sugar or fat

20% MORE MUSCLE CREATINE

Research from The University of Nottingham that was published in the *Journal of Applied Physiology* has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days

120 SERVINGS

More than double the servings of the competition

ALICIA HARRIS



"Figure is both a career and a hobby. The training and competing are things that I love, but they've also gotten me modeling jobs."

INTRODUCING MICELLAR WHEY:

ALL-NEW BREAKTHROUGH PROTEIN INNOVATION

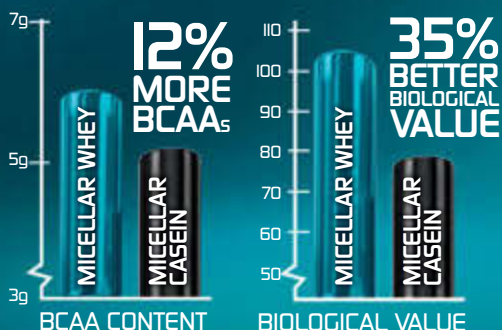
35% BETTER THAN CASEIN

THE POWER OF 100% WHEY AT THE SPEED OF CASEIN

For years, athletes have trusted micellar casein as a slow-release protein that delivers a sustained release of amino acids for hours. The shortcoming with casein is that it has a lower bioavailability and lower amino acid content than other, higher quality proteins, such as whey.

But now, there's a new, breakthrough protein called micellar whey that uses unique whey protein molecules with double the molecular weight of regular whey molecules, giving it slow-release properties that last for 6 hours. And since it's a whey protein, micellar whey features a 35% better biological value than casein, which is a form of measuring protein quality, plus significantly more leucine and BCAAs. Casein is a protein of the past – micellar whey delivers the ultra-superior benefits of whey at the speed of casein!

SCIENTIFICALLY BETTER THAN CASEIN



25c PROTEIN

Ultra-pure, patented micellar whey in every scoop

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BIOLOGICAL VALUE

35% higher biological value (BV) than casein's BV of 77 for enhanced protein absorption based on scientific literature published in the *Journal of Sports Science & Medicine*

6 HOUR

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Based on third-party pre-clinical, in-vitro testing, the unique protein molecule in micellar whey delivers a slow amino acid release

5.8c

BCAAs

Delivers a higher BCAA content than casein, including 2.7g of highly anabolic leucine to stimulate higher protein synthesis

0

PROPRIETARY INGREDIENTS

Delivers a fully disclosed formula so you know exactly what you are paying for



OKSANA GRISHINA



"Nothing has ever come easy. I've earned what I've achieved. The way to turn goals into reality is to always work twice as hard as you think you should."

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REVOLUTIONIZED FOR INTENSE PUMPS AND SUPERIOR PERFORMANCE

MuscleTech® researchers have reinvented the pre-workout category. To force an intense muscle pump, Anarchy™ features patented Nitrosigine® and HydroMax™ glycerol. It also features a one-of-a-kind combination of unique ingredients like *Rhodiola*, choline, theanine and more that's been perfected through countless sensory tests. Anarchy™ is also formulated with patented CarnoSyn® for enhanced muscle, strength and power.

- The only pre-workout that delivers HydroMax™, Nitrosigine®, CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

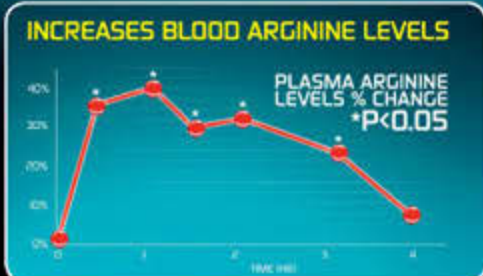
Just check out our fully disclosed label to see for yourself why Anarchy™ is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



THE ANARCHY™ ADVANTAGE

	ANARCHY™	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed in chart are based on a full dose.



Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just 1 hour of their first dose.

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1,000 MC HYDROMAX™

HydroMax™ Glycerol is 10 times more concentrated than the competitor's glycerol monostearate.

1,500 MC NITROSIGINE®

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.

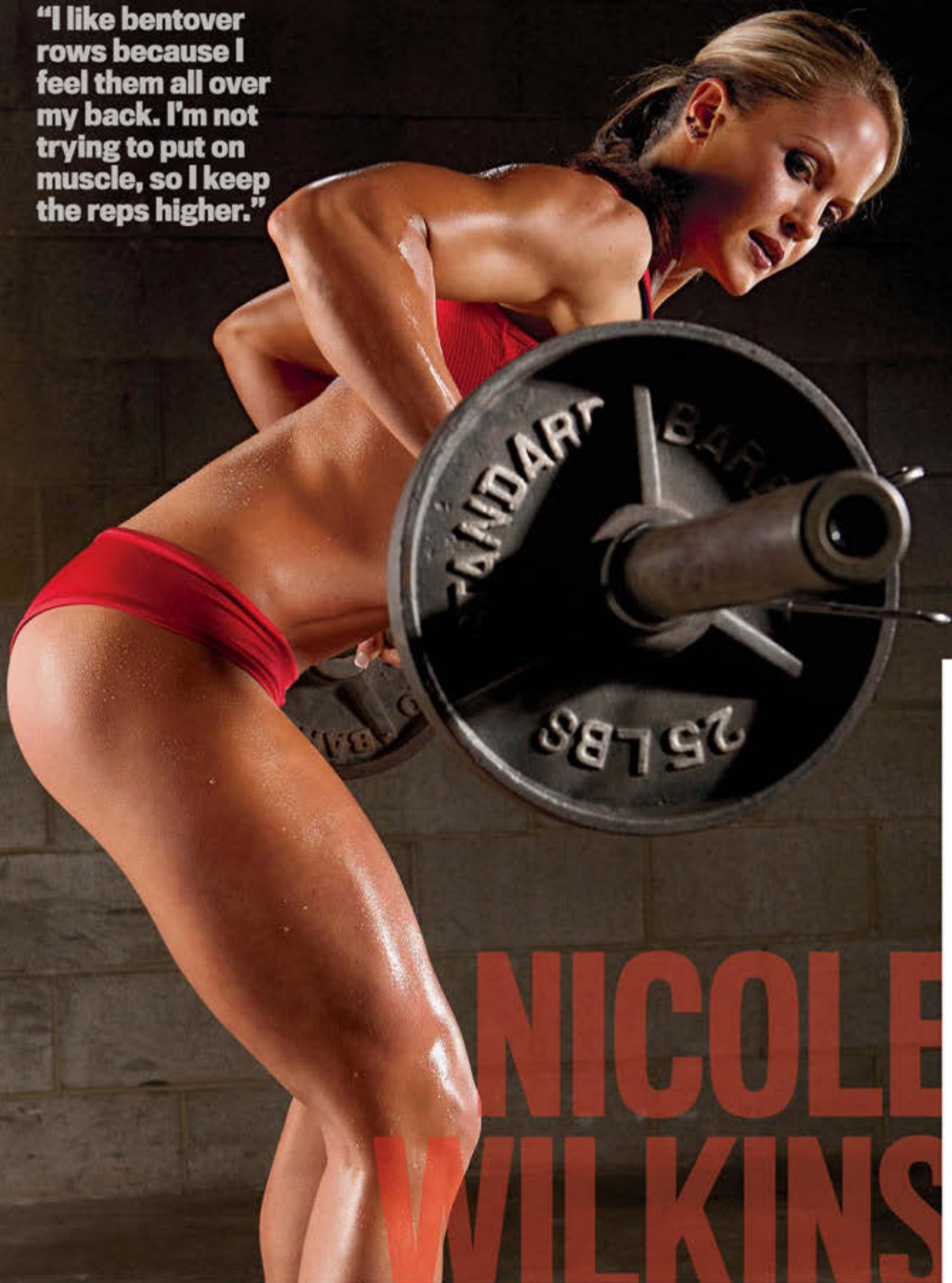
3,200 MC PATENTED CARNOSYN®

2 scoops of Anarchy™ delivers 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the *Journal of Strength and Conditioning Research*.



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"I like bentover rows because I feel them all over my back. I'm not trying to put on muscle, so I keep the reps higher."



**NICOLE
WILKINS**

ALL-NEW LIMITED EDITION VANILLA BIRTHDAY CAKE FLAVOR

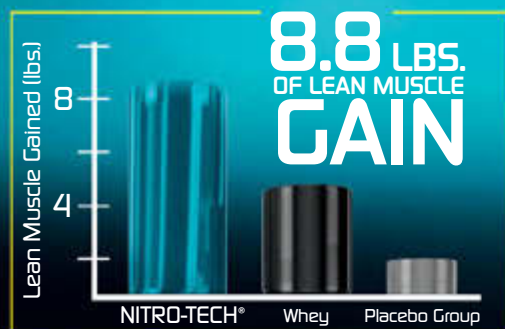
20TH ANNIVERSARY FLAVOR

To celebrate 20 years of excellence in sports nutrition research and development, MuscleTech® is unveiling a limited-edition Vanilla Birthday Cake flavor of NITRO-TECH® – the premier choice of elite athletes for over 15 years. NITRO-TECH® has led the way in protein supplementation with a superior lean musclebuilding formula that has stood the test of time. It's scientifically engineered to deliver:

- 70% more lean muscle than regular whey with a researched combination of key ingredients
- Bigger gains in muscle strength & enhanced performance
- An ultra-clean, fully disclosed formula
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Get the superior formula that's engineered to power elite performance – get NITRO-TECH®.

70% BETTER THAN WHEY



Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in six weeks compared to subjects who used regular whey and gained just 5.1 lbs.



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30c PROTEIN

Features a whey isolate protein and peptide blend to deliver a premium protein source with the highest bioavailability and more musclebuilding potential.

3c CREATINE

Subjects taking this exact dose of creatine with whey protein put on 70% more lean muscle than subjects using whey alone (8.8 lbs. vs. 5.1 lbs.) in research conducted at St. Francis Xavier University and published in the *International Journal of Sport Nutrition and Exercise Metabolism*.

6.9c BCAAs

Delivers 6.9g of branched chain amino acids, including isoleucine, valine and 3.2g of ultra-anabolic leucine.

5.3c GLUTAMINE & PRECURSORS

Delivers glutamine and its precursor to support recovery after hard training.

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This ultra-clean formula delivers just 1g of sugar, and because it uses Multi-Phase Filtration Technology, you get less fat, lactose and fewer impurities, with 4g of carbs and only 2.5g of fat.

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"Being the focal point of a photo brings me out of my shell and allows me to show my personality. It feels good to open up."

**HUONG
ARCINAS**

ENHANCING TESTOSTERONE LEVELS

TIP THE SCALE IN YOUR FAVOR

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself - what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up

your t-levels naturally (such as lifting weights, eating "good" fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic

Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster – A-HD™ – and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

James G.
Co-Founder of BPI Sports

Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics such as:

- Muscle Mass
- Fat Distribution
- Strength
- Libido



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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CREATINE • L-CARNITINE • BETA-ALANINE

EXTREME POST-WORKOUT RECOVERY

CVOL is a delicious, sugar-free and easy-to-mix post-workout drink designed to help increase lean muscle size & strength quickly. CVOL has been formulated with 5 full grams of 4 types of Creatine, Beta-Alanine, Betaine and L-Carnitine; a rock-star list of the "go-to" ingredients for rapid gains. Want to build your gains faster than you ever thought possible? #getgains, get CVOL!

COMES IN 2 MOUTH-WATERING FLAVORS!
30 Serving Size



COCONUT-LIME MONO



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CREMAGNAVOL is Fortified with:

CREATINE MAGNAPOWER

A 100% Fully Reacted, physically bound Creatine and Magnesium Chelate. Magnesium itself is a critical element that is required to drive Creatine into ATP (muscle cell energy fuel).

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L-CARNITINE

With increased levels of carnitine, muscular strength increases, muscular fatigue is reduced and total amount of work can be increased. CarnoSyn Beta-Alanine is clinically proven to increase peak performance & recovery.

LC-UT

L-Carnitine L-Tartrate (LC-UT) acts as a "shield" for your muscles during workouts. It has shown to protect not only the muscle, but the hormone receptors on the muscle cells.

#GETGAINS

STACK C:VOL WITH
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BEST RESULTS!



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GYM, DOWNTOWN
TAMPA, FL

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BY BOB
CROSLIN

PAGE
138

WITH
ERIC FLEISHMAN

YOU DON'T NEED GAMMA RADIATION
TO GET BIG AND STRONG—
JUST A GOOD GYM AND A DESIRE TO

SMASH!

STARRING:
**BEN
PAKULSKI**

CREATE YOUR DREAM JOB.

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- THE RIGHT TIME



Vanja Stupar
Team Nutrishop Athlete

Eric Nelson Photography



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Take a look around the next time you're walking down the street. You'll notice a lot of dissatisfied men—men who feel they have a bit too much Bruce Banner in them and not enough Incredible Hulk (the size and strength of the Hulk, mind you, not all the rage and destructiveness). Afterward, take a look in the mirror. Are you one of these men? If so, you need a training protocol that will considerably enhance your muscular size, strength, and power—if not quite to Hulk proportions, then, at the very least, surpassing Banner's.

To deliver such a program, we enlisted Hollywood celebrity trainer Eric Fleishman (aka "Eric the Trainer"), owner of the fitness company ETT Corp. (ericthetrainer.com) and a bona fide comic-book buff.

"I based the following workouts off my Sleeping Giant program, which is what we use to transform the bodies of Hollywood actors," says Fleishman, who suggests you do his Hulk program for four weeks while following a proper mass-building diet.

Is there a sleeping giant within you? If so, this is the workout you'll need to awaken your own inner Hulk.

"TRIANGLE OF POWER" DUMBBELL ROW

Place your right knee and right hand on a flat bench, and bend at the waist so your back is flat and your torso is roughly parallel to the floor. With your left hand in a neutral grip, pull a heavy dumbbell to your ribs, hold for a second, then return to a dead-hang position. Switch sides and repeat for designated reps.



MONDAY

This push-pull workout will crush your upper body. Go heavier every set throughout the program to build both size and strength!

CHEST + BACK

EXERCISE	SETS	REPS
Barbell Bench Press	4	10, 8, 6, 6
"Upper Force" Incline Dumbbell Press	4	10, 8, 6, 6
Weighted Pullup	3	8, 6, 4
"Triangle of Power" Dumbbell Row	3	8, 6, 4
"Bully" Deadlift	3	8, 8, 6

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TUESDAY

The Hulk's legs are enormous and crazy strong. Heavy, compound lower-body moves are the only way to build your own pair of hulking legs.

LEGS + ABS

EXERCISE	SETS	REPS
Barbell Squat	4	10, 8, 6, 6
Leg Press	3	12, 8, 6
Lying Leg Curl	3	10, 8, 6
Standing Calf Raise	3	12, 10, 8
Box Jump	4	15, 10, 8, 8
Walking Lunge	3	For distance
Crunch	3	25, 25, 25
Twisting Medicine Ball Throw	3	20 per side
Compact Car Push	1	½ mile

BARBELL SQUAT

With a loaded barbell sitting on your traps and your feet shoulder-width apart, push your hips back and down and descend into a squat until your thighs are parallel to the floor. Keeping your head and chest up, push with your hips, hamstrings, and quads to return to a standing position.

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WEDNESDAY

If you want Hulk-like arms, you'd better be prepared to blast them with big weight and explosive movements.

ARMS

EXERCISE	SETS	REPS
Barbell Curl	4	10, 8, 6, 6
"Size Squeezing" Dumbbell Curl	3	10, 8, 6
Zottman Curl	3	10, 8, 6
"Superhero" Skull Crusher	4	10, 8, 8, 6
Close-grip Bench Press	3	8, 6, 6
Heavy Cable Pressdown	3	8, 6, 6

"SUPERHERO" SKULL CRUSHER

Bring the bar straight down to your nose, then continue the motion across the face, following the contour of your head, bringing the bar down toward the floor so that your triceps are almost parallel to the floor. Then follow that same track back in an arc. By rounding out the motion, it allows you to overload and challenge the triceps without having any elbow discomfort.



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SEATED DUMBBELL OVERHEAD PRESS

Grip the dumbbells on the outer part of the handle (not in the middle) so that your hands are up against the plates. With your elbows flared out to the sides, the dumbbells will tilt slightly inward, which puts more pressure on the shoulders. As you drive up, you should feel a stretch in the pecs the entire time. That's how far back you want to reach with the elbows—not so far back that you're going to hurt yourself, because the weights are directly over the shoulders. Again, it's a limited range of motion—same as with the barbell overhead press.



FRIDAY

You'll notice we also trained back on Monday. This is because back is a crucial body part. And we're not just talking about the thickness of the back, like when viewed from the side. From straight on, the shoulder-to-waist differential must be impressive.

SHOULDERS + BACK

EXERCISE	SETS	REPS
Behind-the-neck Barbell Overhead Press	4	12, 8, 6, 6
Seated Dumbbell Overhead Press	3	8, 6, 6
Seated Dumbbell Lateral Raise	3	10, 8, 6
Heavy Dumbbell Shrug	3	8, 8, 6
Drywall Shoulder Smash	3	1
Barbell Reverse-grip Deadlift	3	8, 6, 6
"Wide as Possible" Lat Pulldown	4	10, 8, 8, 6
Hammer Strength Row	3	8, 8, 6
T-shirt Tear	1	1



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In clinical research from St. Francis Xavier University, test subjects taking the key ingredient in Platinum 100% Whey built 51 lbs. of lean muscle and added 14 lbs. to their bench press.

PLATINUM 100% ISO-WHEY

With a filtration process that reduces lactose, ash and fat, Platinum 100% Iso-Whey delivers bioactive protein fractions with the highest biological value (104 BV) to deliver a premium protein source with more musclebuilding potential.

PLATINUM 100% CASEIN

Leading university research from France showed that subjects consuming the same dose of premium casein found in Platinum 100% Casein experienced a 34% decrease in total body protein breakdown after 7 hours.

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Dymatize's muscle performance activator with caffeine for quick and sustained energy, and BCAAs, creatine, and beta-alanine to help you bust out more reps and help your muscles recover faster.

Amino Pro – Anytime

Increase your endurance with instantly soluble BCAAs to minimize muscle breakdown and support faster muscle recovery, and electrolytes, L-taurine, and L-citrulline to increase hydration, energy, and circulation.

M.P.S – Post

The 7g of BCAAs and 2.4g of whey peptides trigger muscle protein synthesis for faster muscle recovery and growth. HICA and KIC prevent muscle protein breakdown.

YOUR AMBITION. OUR NUTRITION.™

SATURDAY

For how massive he is, the Hulk has incredible functional strength, so our goal is to merge bodybuilding with the worlds of function, agility, strength, and endurance.

FUNCTIONAL MOVEMENTS

EXERCISE	SETS	REPS
"Pec pounding"		
Pushup	3	40, 60, 100
Wide-grip Pullup	3	8, 15, 25
Wind Sprint	3	15-25 seconds
Dip	3	12, 20, 30
Box Jump	3	15, 20, 25
Heavy Bag	3	40 punches per arm

DIP
Keep your feet in front of your body in a pike-like position, and as you lower yourself, flare your elbows directly out to your sides. This thrashes the lower pecs like few exercises can.

THURSDAY & SUNDAY

Eat, rest, and grow today. On a mass- and strength-building program, the time spent away from the gym is just as important as the time in the gym, because you only grow when you sleep. Make rest a priority.

SUPERSIZE NUTRITION

A hulking body requires big eating. This meal plan is designed for a 180-pound body; if you're bigger or smaller, adjust all foods proportionally. Follow this diet for up to eight weeks before reverting back to your puny self.

BREAKFAST

4 jumbo eggs
1 cup oatmeal
1 orange

MIDMORNING SNACK

8 oz chicken breast
2 slices whole-grain bread
½ avocado

LUNCH

8 oz salmon fillet

1 cup whole-wheat pasta
1 cup mixed vegetables

PRE-WORKOUT

1 scoop whey protein
1 large apple

POST-WORKOUT

2 scoops whey protein
32 oz Gatorade
20 gummy bears

DINNER

8 oz 95% lean ground beef
1½ tbsp olive oil
2 cups mixed vegetable salad
1 hamburger bun

BEDTIME SNACK

2 scoops casein protein
2 small nectarines

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BY TEAM FLEX

With the new Avengers movie, *The Age of Ultron*, opening in theaters this month, FLEX is paying tribute to our favorite superhero, the Mean Green Machine himself, the Incredible Hulk. For bodybuilders, the Hulk is the Holy Grail of muscle. He gets mad, he gets big, he gets madder, he gets bigger, and so on. (Think of the green skin tone as a bottle of 1980s fake tan.) So as a supplement to our other Hulk-related features, we're bringing you the workouts and training strategies of five mortals who have come as close as anybody to matching the size and strength of the gamma-ray-induced mutant.

MARKUS RÜHL

Born: February 22, 1972
Height: 5'10"
Weight: 285 pounds

**"'Big' for me starts at 280 pounds."
—MARKUS RÜHL**

RÜHL'S OF ENGAGEMENT

Combine low-rep compound exercises with high-rep isolation exercises.

Achieve a maximum burn in the muscle by doing a basic free-weight exercise, and then follow it immediately with another exercise that targets the same area of the muscle (example: standing barbell curls followed by seated barbell curls).

Instead of simply lifting the weight, squeeze your biceps at the bottom of the movement, maintain tension throughout the rep, and finish with a strong contraction at the top.

RÜHL'S BICEPS WORKOUT

EXERCISE	SETS	REPS
Barbell Curl	6	4-30
Seated Barbell Curl	4	6-30
Dumbbell Curl	6	6-20
Preacher Curl	4	4-20
Cable Curl	4	4-20

GÜNTER SCHLIERKAMP

Born: February 2, 1970

Height: 6'1"

Weight: 300 pounds

GERMAN ENGINEERED

Use heavy weight, but never so heavy that you compromise form and flirt with injury.

Incorporate variety into workouts by including different exercises, changing foot placement, or doing a different set and rep scheme from your usual routine.

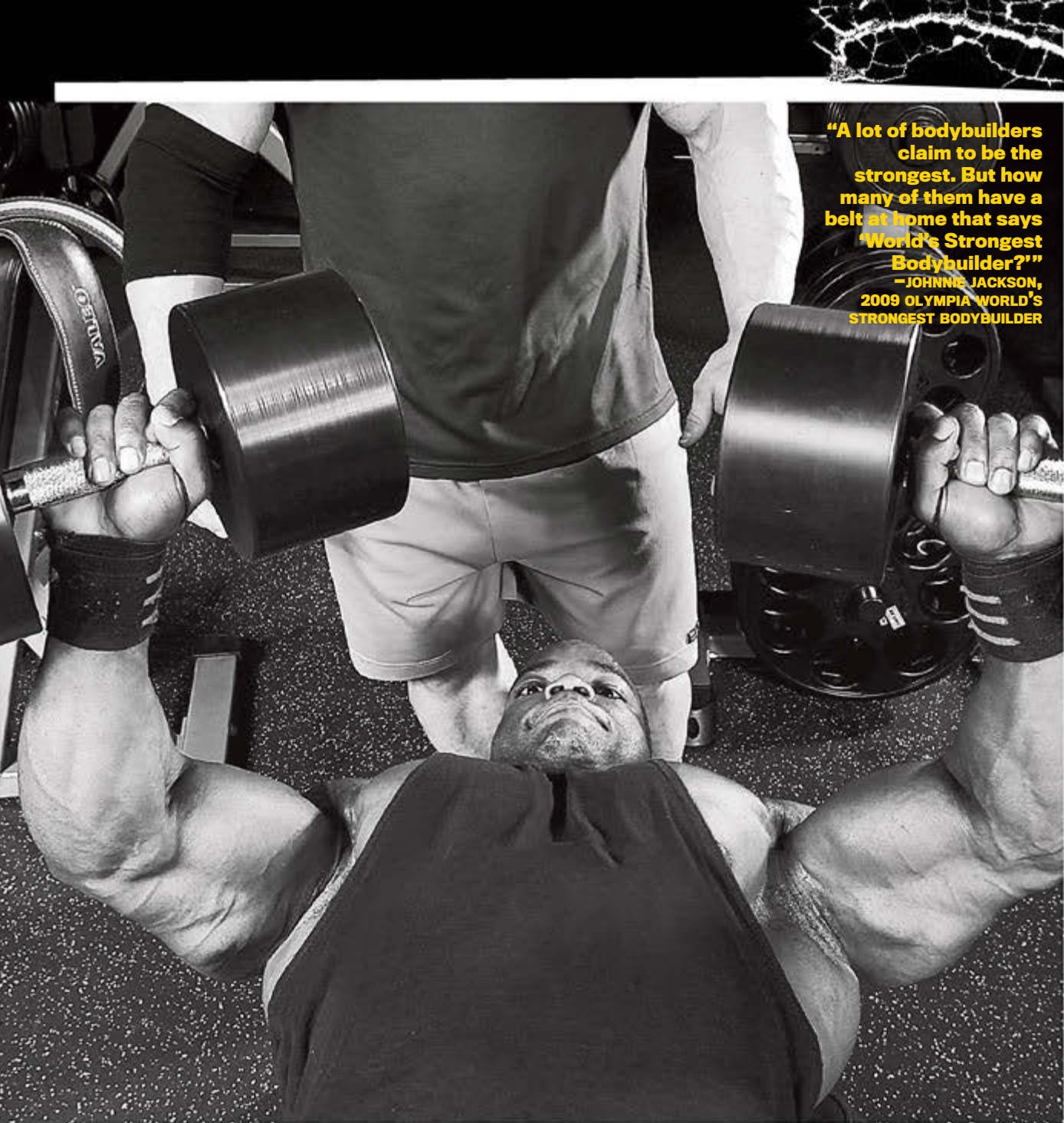
Push working sets to failure to stimulate growth.

SCHLIERKAMP'S LEG WORKOUT

EXERCISE	SETS	REPS
Leg Extension	4	20
Leg Press	4	15-12
Hack Squat	4	15-6
Smith Machine Squat	4	15-6
Leaning Leg Extension	4	15-12



"I eat three hours before a leg workout. If I eat too close to a leg workout, with the pace we go, I would throw up." —GÜNTER SCHLIERKAMP



"A lot of bodybuilders claim to be the strongest. But how many of them have a belt at home that says 'World's Strongest Bodybuilder?'"
—JOHNNIE JACKSON, 2009 OLYMPIA WORLD'S STRONGEST BODYBUILDER

JOHNNIE JACKSON

Born: January 30, 1971

Height: 5'8"

Weight: 255 pounds

TREASURE CHEST

Free-weight movements like bench presses and incline presses with both barbells and dumbbells should form the core of your workouts to build a solid foundation of size.

Attack your chest from multiple angles, using the flat, incline, and decline benches to work all areas of your chest.

Keep your chest high and shoulders back to maintain stress on the pecs.

JACKSON'S CHEST WORKOUT

EXERCISE	SETS	REPS
Incline Press	4	8-12
Dumbbell Bench Press	4	8-12
Seated Machine Press	3	8-12
Cable Crossover	3	10-15

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WWW.CUTLERNUTRITION.COM

ZACK KHAN

Born: July 1, 1980

Height: 5'11"

Weight: 265 pounds

WRATH OF KHAN

Presses allow you to use the most weight, so always include some form of them (barbells, dumbbells, machines) in your workout.

If your side delts are lagging, prioritize them by starting the workout with lateral raises.

Do not neglect rear deltoids. When properly developed, they will add thickness and depth to all side poses.

KHAN'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Lateral Raise	2	60
Dumbbell Press	3	15-18
Partial Lateral Raise	3	30
Bentover Lateral Raise	2	20
Contraction Lateral	2	20

"Once you start lifting and growing, you have to use heavier weights. You need heavier weights to overload the muscles and make them grow." —ZACK KHAN



KEVIN HORTON

OUT IN FRONT

Since the first Pak can rolled off a Jersey assembly line in '83, we've prided ourselves in leading by example. Not content to follow, we've blazed our own trail in the iron underground for more than three decades. We've been out in front of the trends, the fads and the flashes in the pan. Being on the frontline in defending the nutritional regimens of the hardest training athletes in the world, as the "True Original" training multivitamin, we've won the trust of the bodybuilders and powerlifters who lead the pack. In the front of their minds, at the top of their lists, when the time came to put in the work, it was Animal Pak that they called upon. Since day one, Pak has been the one they could count on, the one who stood the test of time, the one to lead from the front.

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KAI GREENE

Born: July 12, 1975
 Height: 5'8"
 Weight: 270 pounds

GREENE DAY

There is no one magic exercise for the back. It needs to be trained for both width and thickness. That means all the different types of rows and all variations of pullups and pulldowns.

Learn to connect your mind to the muscle. When doing rows, instead of simply pulling with your arms, feel it in your lats, rhomboids, teres major, teres minor, and all the other muscles of the back you are trying to build.

Go to the gym with a specific workout plan, but don't be afraid to deviate based on how your body is feeling that day.

GREENE'S BACK WORKOUT

EXERCISE	SETS	REPS
Wide-grip Pullup	4	8-15
Lat Pulldown	4	8-15
Barbell Row	4	8-15
T-bar Row	4	8-15
Seated Cable Row	4	8-15

"To become a champion, to be the best, it can't boil down to a formula of sets and reps. It's the accumulation of all the knowledge and training that person has done over the years." —KAI GREENE



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THE

LEVRONE

WAY

KEVIN LEVRONE WAS SECOND IN THE MR. OLYMPIA FOUR TIMES. THIS IS THE TRAINING PHILOSOPHY THAT MADE HIM, ARGUABLY, THE GREATEST BODYBUILDER TO NEVER WIN A SANDOW.

BY GREG MERRITT PHOTOGRAPHS BY CHRIS LUND


The list of things that make Kevin Levrone unique among bodybuilding icons could fill this article. Here are five:

- 1** Some years he trained for only four months.
- 2** Both of his parents died of cancer before his first contest.
- 3** He won 19 open pro shows in the 1990s—more than anyone else.
- 4** He was the founder and lead singer of the rock band Fulblown.
- 5** He holds the record for most Mr. Olympia runner-up finishes without a Mr. O victory: four.

Let's focus on that last mark of both excellence and frustration, because if Kai Greene is second in the upcoming Olympia, he'll tie Levrone's record. (Jay Cutler was also No. 2 four times before winning the O, and he holds the overall record of six seconds. But he also has four Sandows. Unlike with Greene and Cutler, who both did runner-up three-peats,

none of Levrone's seconds were consecutive. They were spaced from his rookie year (1992) to his next-to-last pro season (2002), 10 years later. The following six training principles formed the foundation of the Maryland Muscle Machine's workouts while he remained very near the apex of bodybuilding for more than a decade.



A black and white photograph of Arnold Schwarzenegger performing a bench press. He is lying on a blue padded bench, wearing a red tank top with a graphic, blue shorts, and a black weightlifting belt. He is lifting a barbell with large weights. His expression is one of intense effort, with his mouth open and eyes focused on the bar. The background shows a gym setting with other equipment.

**"IF YOU'RE NOT STIMULATING
THE MUSCLE, YOU'RE WASTING
YOUR TIME AND SETTING
YOURSELF UP FOR INJURIES."**

1 LOWER REPS

This winner of 20 pro titles baked up one of the all-time densest physiques with a recipe focused on low reps. He kept most of his working sets in the six-to-eight range. Sometimes he went even lower on load-up-the-bar tests of strength like bench presses. "Those lower reps always worked for me. I know other people aim for 10, but I grow by going heavy," Levrone says. His emphasis on reaching failure at six to eight mirrored the dogma of Dorian Yates, whom he chased at the Olympia six times (1992–97) and was heir apparent to twice (1992, 1995). The difference was that HIT-man Yates then pushed those sets beyond failure with forced reps, rest-pause, and dropsets, while Levrone usually cranked out straight sets. And, as we'll see, the Maryland Muscle Machine plowed through many more of those sets.

2 COMPOUND BASE

A lot of contemporary routines feature an isolation exercise to warm up the joints and pre-exhaust the targeted area before the compound exercises that follow. Or the program might mix up the exercise order from workout to workout, so, for example, deadlifts might kick off one workout, finish the next, and land somewhere in the middle of the workout after that. In contrast, Levrone almost always began routines with the compound exercise in which he could hoist the most metal and then progressed to that routine's lightest isolation exercise. For example, the accompanying triceps workout goes from close-grip bench presses to lying triceps extensions to rope pushdowns to one-arm dumbbell extensions, pyramiding exercises from heaviest to lightest.

3 HIGHER SETS

In 1994, FLEX published a Levrone article that included his "favorite triceps workout." If you're drinking a protein shake now, swallow, or you'll likely spray your whey. OK, here we go. That workout was made up of five exercises—four of which were types of pushdowns—and a total of 28 sets! He must've spent an hour at a cable station just to plow through his initial 24 sets of pushdowns. This was a bit of an anomaly. It was a year after he tore his pec benching heavy, and he was experimenting with higher reps (12 to 15 per set) and extreme volume. Still, even a more typical Levrone triceps routine, like the one included here, features 16 sets. And he did a similar quantity of higher-than-average volume for other body parts, including a matching 16 sets for biceps.

THE LEVRONE WAY

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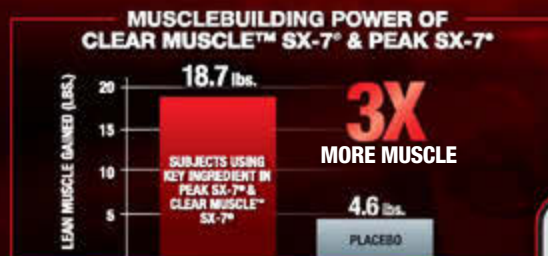
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BASED ON CLINICAL RESEARCH FROM
THE UNIVERSITY OF TAMPA

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4 HEAVY METAL

"I was a heavy lifter from the start," Levrone remembers. "Strength just came natural to me." He had been hitting the iron seriously for only a year, but in 1990, at 220, he could bench press 465. While benching 550 in February 1993, he tore his right pec, but even that curtailed him only temporarily. Like pancakes and syrup, he and heavy metal just go together. You can watch a YouTube video of him incline pressing 455 for four strict reps (after doing 495-pound benches) only 12 days before the 1998 Mr. Olympia. Those are Ronnie Coleman-ish numbers, but at his largest the eight-time Mr. O outweighed the four-time almost-Mr. O by about 50 pounds. With his stupendous triceps and capacious deltoids, Levrone was a pressing machine. But he didn't stop there. Every exercise was a strength challenge—hack squats, pulldowns, shrugs, everything. He passed his tests over and over again. Get stronger and get bigger.

5 STRICT FORM

One common pitfall of chasing progressively larger weights for low reps is a loosening of form. After all, if you can get six with strict form, you can probably do eight with loose form. And thus you go sliding down a slippery slope to a place where every set is more about moving metal than stimulating muscle. Ranges of motion shorten. Pecs are trampolines. Bars swing. The legs and lower back butt in, declare themselves bosses, and start running things. The Maryland Muscle Machine never went there. Yes, he hoisted prodigious weights, but he always did so for full, controlled reps. Form was meticulous. His pace was measured to best stress his targeted areas. "Strict form is mandatory," he states. "The worst thing a person can do is start relying on sloppy form to move more weight. If you're not stimulating the muscle, you're wasting your time and setting yourself up for injuries."

THE LEVRONE WAY



LEVRONE'S TRICEPS ROUTINE

EXERCISE	SETS	REPS
Close-grip Bench Press	4	6-8
Lying Triceps Extension	4	6-8
Rope Pushdown	4	6-8
One-arm Dumbbell Extension	4	6-8

6 PUSH/PULL SPLIT

When Levrone began serious muscle-making in 1989—the same year his mother died and the same year he entered and won his first contest—the most popular means of organizing workouts was the push/pull system. He became a disciple. Though he tried other splits, it remained his preferred workout organizer throughout his career. Day 1 was chest, shoulders, and triceps (push). Day 2 was back and biceps (pull). Day 3 was legs. Day 4 was off. Then he started the push-pull-legs rotation again.

The logic of push/pull is that you train all the smaller muscles worked in pushing or pulling compound lifts on the same days. In contrast, if you do, say, chest presses (pecs, front delts, triceps) one day, shoulder presses (front delts, triceps) another day, and triceps a third day, you've spread front delt stress over two days and triceps work over three. By doing all of the above in the same workout, you increase recuperation time and can therefore cycle through workouts more quickly. Similar to Coleman, who hit each body part twice every seven days, the 1991 NPC Nationals champ who finished second to Coleman in two Olympias hit body parts twice every eight days.

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BUILD 90% MORE MUSCLE



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- A powerful, premium combination of the sensory ingredients *Myristica fragrans*, *Ecklonia cava*, holy basil and grains of paradise
- Better focus, energy, pumps and performance with a potent dose of caffeine



Based on research conducted at The University of Tampa and published in *Nutrition & Metabolism*.

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CONSISTENT EXCELLENCE

Let's return to No. 3 on our initial list of things that make Kevin Levrone unique. The 1990s was the deepest decade of pro bodybuilding talent. The generation that came of age in the wake of *Pumping Iron*, idolizing Arnold and enjoying the fruits of a fitness revolution, created a traffic jam of victory-worthy talent in the IFBB Pro League. One man fought through the legend congestion—which included Dorian Yates, Ronnie Coleman, Flex Wheeler, and Vince Taylor—to come out on top of more open pro contests in the '90s than any other. Kevin Levrone collected 19 of his 20 pro titles that decade.

But it wasn't just the wins. It was also the losses. In 62 pro contests, he missed the posedown only once ('97 Arnold Classic). He finished third in his pro debut in '92 (then won a bigger show a week later) and third, against a loaded lineup, in his final contest in 2003. That's consistency. He brought that same steadiness to his training: basic exercises, heavy weights, low reps, higher-than-average volume, frequent work, and strict form. Week after week, year after year, it paid dividends. He constructed one of the densest physiques ever seen, and yet he always maintained his pleasing lines. Levrone may—if not for Yates and Coleman—have won four Sandows. Still, we should celebrate those four losses. Collectively, they attest to the consistent excellence of one of the greatest bodybuilders of all time.

THE LEVRONE WAY

4 SECONDS

LEVRONE'S QUARTET OF MR. OLYMPIA RUNNER-UP FINISHES SPANS HIS ROOKIE FORAY TO HIS NEXT-TO-LAST PRO SEASON

1992 | Dorian Yates | Levrone was 27 when he stunned the bodybuilding world with HD conditioning and aesthetic mass in his debut O. At 228, he would never be leaner. Only Yates' far superior back prevented the neophyte from hitting a home run on his first swing. With the edge in quads, arms, and delts, Levrone seemed destined for the throne.

1995 | Dorian Yates | The champ was breaking down, but many still consider this year's edition his best combination of mass and cuts. At 240, Levrone gave up a decisive 15 pounds to Yates and was again eclipsed from the rear, even as he held his own from the front. Still, he was No. 2 in a one-for-the-ages lineup crowded with more than a dozen legends.

2000 | Ronnie Coleman | Despite some blurriness, the 264-pound champ's third-straight Sandow was never in doubt. At 243, Levrone had built a back to match that of most anyone not named Coleman, and he flexed the best side shots in the show. His wheels were not as inflated nor as deeply treaded as they once were, but his silver-medal finish was a bounce back after his fourths in the previous three Olympias.

2002 | Ronnie Coleman | With heir apparent Jay Cutler in the audience and Coleman shockingly downsized and bleary, the crown was ripe for the taking. Unfortunately, Levrone, who matched the champ's 245 pounds, was also not at his best. His legs, a strong point a decade earlier, were a liability—smaller and smoother. The decision was close. Levrone won both rounds at the finals but failed to make up his deficit from the two prejudging rounds.

CONTEST RECORD

62

Pro
Contests

61

Pro
Posedowns

20

Pro
Wins

2

Arnold
Classic Wins

12

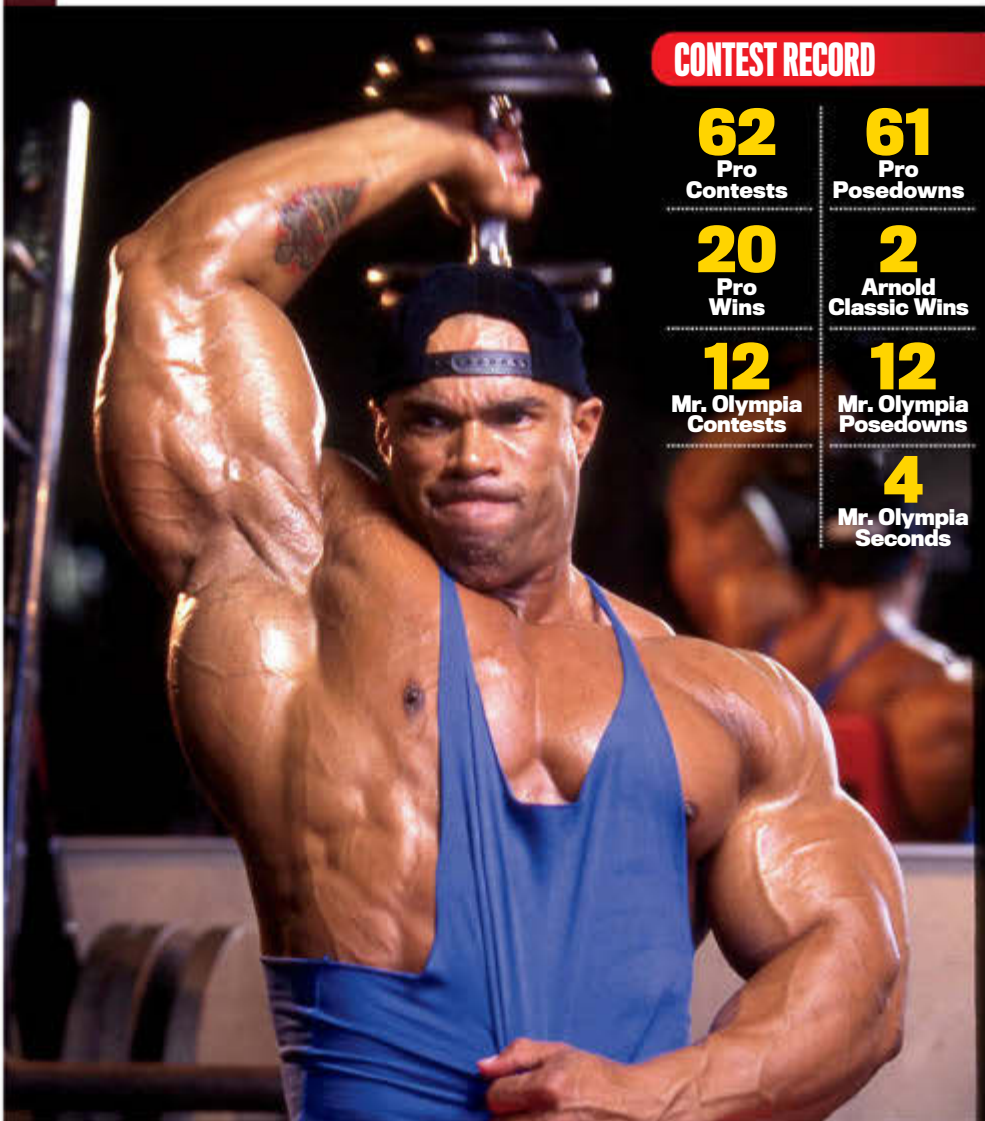
Mr. Olympia
Contests

12

Mr. Olympia
Posedowns

4

Mr. Olympia
Seconds



SCIENTIFICALLY RESEARCHED WEIGHT LOSS

ALL-NEW MAX STRENGTH SENSORY

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SUBJECTS LOST 10.95 LBS. IN 60 DAYS!

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SCIENTIFICALLY RESEARCHED KEY WEIGHT LOSS INGREDIENT



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"From the very first dose you can feel it take effect – a boost of focus & energy."
– Reviewed at GNC.com*



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GET STACKED

JONESING FOR A HERO BUT AFRAID OF WRECKING YOUR PHYSIQUE? THESE FOUR NOVEL SANDWICH RECIPES PACK A PROTEIN PUNCH WITHOUT UNDERMINING YOUR GET-LEAN EFFORTS.

In many ways, the humble sandwich is the ultimate lunch for bodybuilders. Think about it: Pile smart proteins and spreads with vibrant vegetables onto healthy bread and you've assembled something with the necessary carbohydrates, amino acids, and antioxidants that plate pushers need to perform—and look—their best.

But rarely do we put much thought into our sandwiches, settling for little more than the same old ham and cheese, and that can get stale fast—without providing you any advantage in the gym. Snap out of that boredom without expanding your waistline with this arsenal of protein-packed recipes featuring flavorful combinations that are perfect for lunchtime or any other time of day.

BY **MATTHEW KADEY, M.S., R.D.** PHOTOGRAPHS BY **ANDREW PURCELL** FOOD STYLING BY **CARRIE PURCELL**

SMOKED SALMON

SERVES
4

■ INGREDIENTS

2/3 cup light cream cheese

2 tbsp chopped fresh dill

3 baby dill pickles, finely diced

1/2 lemon, juiced

1/4 tsp black pepper

8 slices rye bread

1/2 lb smoked salmon

1 cup thinly sliced cucumber

1 cup sliced roasted red pepper

2 cups arugula

■ THE FOUNDATION

Take a cue from the Scandinavians and use hearty rye bread. When made from whole-rye flour, each slice can pack as much as five grams of fiber. More fiber can help improve your buff-to-blubber ratio by keeping blood-sugar spikes at bay and keeping you feeling satiated so you'll be less tempted by any junk food circulating around the office. More good news: Scientists in Iceland found that a greater consumption of nutrient-dense rye bread is associated with a lower risk for prostate cancer.

■ THE MAIN PLAYER

Think beyond the deli counter for your sandwich protein. On top of its great taste, smoked salmon delivers laudable amounts of ultrahealthy omega-3 fatty acids. Researchers at Saint Louis University (St. Louis, MO) determined that a higher intake of omega-3s can dampen muscle soreness associated with strenuous resistance training, as these potent fats have anti-inflammatory properties.

■ THE SUPPORTING CAST

Cream cheese adds a shot of protein and bone-building calcium. Red peppers are laced with vitamin C, an antioxidant that may help lower your exercise heart rate.

■ DIRECTIONS

In a small bowl, stir together cream cheese, dill, dill pickles, lemon juice, and black pepper. Spread cream cheese mixture on four slices of bread and top with equal amounts of smoked salmon, cucumber, roasted red pepper, and arugula. Top with remaining bread slices.

■ NUTRITIONAL INFO

CALORIES

339

PROTEIN

20g

FAT

13g

CARBS

37g

FIBER

5g

SODIUM

860mg

WHERE'S THE GLUTEN?

Gluten-free diets are all the rage these days, so it's easier than ever to find gluten-free breads. But the rules for choosing these breads should be the same as for regular versions:

Look for those made with mostly whole grains like quinoa, brown-rice flour, teff flour, or whole-corn flour. Many gluten-free breads contain too much white-rice flour, tapioca starch, and potato starch—all nutritional duds. Oftentimes, gluten-free breads taste best when toasted.



EVER DREAM OF BECOMING A CERTIFIED PERSONAL TRAINER?

MEET ALLEN

He's a good example of why we do what we do.

"Becoming an ISSA Certified Fitness Trainer has ignited my passion for motivating and inspiring others to live healthier lives. I've always wanted to positively impact others and this opportunity has been the perfect vehicle to do so.

The ISSA training certification program has been a great compliment to my current career path. As a trainer, I'm able to work with several types of people I wouldn't normally meet in the military. There is nothing better than watching a client transform as I help them achieve the results they so desire, it truly is a remarkable sight! I think of it as another way I'm able to serve others.

By receiving Military Tuition Assistance for my certification, I was able to work efficiently through the lessons at my own pace amidst a busy schedule. Additionally, the ISSA staff was most helpful in answering any questions or concerns I had. The ISSA has empowered me with several tools and helpful resources to ensure not only my success but the success of my clientele."

—Allen Elliott, ISSA CFT, SFN
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Natalie Minh

The ISSA Your Trusted Source For Fitness Education Since 1988 ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA and GI Bill approved.

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ISSA FAST FACTS

- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
- Surveys show that the personal training industry has a high degree of job satisfaction and is one of the fastest growing industries
- ISSA provides no-cost educational support to all of its students, even after program completion



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MANGO CHICKEN PITA

SERVES

4



NUTRITIONAL INFO

CALORIES

339

PROTEIN

20g

FAT

13g

CARBS

37g

FIBER

5g

SODIUM

860mg

INGREDIENTS

¾ cup plain
Greek yogurt

¾ lime, juiced

1½ tsp yellow
curry powder

¼ tsp chili powder
or cayenne powder
(optional)

4 cups chopped
rotisserie chicken

1 mango, diced

⅓ cup almonds,
chopped

1 celery stalk, thinly
sliced

2 scallions, chopped

4 whole-wheat pitas,
halved

1 avocado, thinly
sliced

THE FOUNDATION

To make sure your midday sandwiches deliver more nutrients in each bite with a lower glycemic index, look for wheat-based bread products like pitas that are made mostly with whole-wheat flour. This means the germ and bran of the wheat kernel, which harbors the lion's share of its nutrients and fiber, are present in the bread. Pay close attention to the ingredient list, and steer clear of products that list wheat flour or unbleached flour as the first item, both euphemisms for lackluster white flour.

THE MAIN PLAYER

Consider precooked supermarket rotisserie chicken your answer for a quick way to fortify sandwiches (not to mention salads) with hefty amounts of high-quality protein.

THE SUPPORTING CAST

Loaded with muscle-building protein, Greek yogurt is an upgrade from mayo in this chicken salad. Avocado and almonds deliver notable amounts of monounsaturated fat, which may help hone your physique. Mango adds a shot of tropical sweetness as well as a good amount of vitamin C.

DIRECTIONS

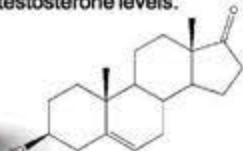
In a bowl, whisk together Greek yogurt, lime juice, curry powder, and chili or cayenne powder. Stir in chicken, mango, almonds, celery, and scallions. Slice pitas in half and add chicken mixture and avocado.



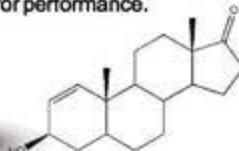
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1-Andro includes an andro prohormone to the 1-Testosterone. This natural hormone is 7 times more anabolic than testosterone and will help you reach all of your fitness goals by optimizing your hormones for performance.

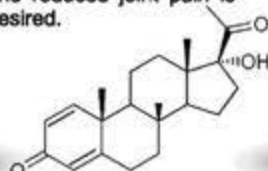


ANABOLIC CONTROL ACT 2014 EXEMPT

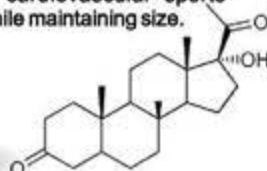
All LG Sciences prohormones are exempt from the recent Anabolic Control Act which was passed in 2014. As DHEA and Progestin based prohormones, the products we sell are NOT Schedule III Anabolic Steroids and won't put you in a position to break the law! You can use LG Sciences products confidently.



pBOLD is a Prohormone to Boldenone (EQ). Users report increased hunger and also reduced joint pain. pBOLD is best used for refined cycles where adding increased appetite and reduced joint pain is desired.



17-ProAndro is a mild hormone that has been compared to Winny in its effect on muscle density without aggression in the gym. It has been reported to maximize performance in cardiovascular sports while maintaining size.



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HERE TO STAY!

** All claims are based on proper diet and exercise. No supplement can replace diet and exercise. It is required that you eat right and workout hard. See a healthcare provider prior to starting any diet and exercise program.



Joe Leachy - NPC Competitor

"I'm 15lbs heavier than the last time you saw me" - Joe

LG Sciences has always been known for andro prohormones that are legal and won't put your health at risk. Our prohormones are not chemically altered and thus safer for your body than illegal steroids that can: harm your liver, make you lose your hair and wreck your prostate. Legal andro prohormones don't have these horrid side effects and we believe are actually good for the modern male over 21. Our prohormones along with proper diet and exercise are how people like Joe Leachy stay in amazing shape like this all year around.



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ROAST BEEF COLLARD WRAP

SERVES
4

■ INGREDIENTS

2/3 cup oil-packed sun-dried tomatoes

1/4 cup extra-virgin olive oil

2 tbsp prepared horseradish

2 tbsp red-wine vinegar or sherry vinegar

1/4 tsp black pepper

8 large collard leaves

1 lb sliced roast beef

2 carrots, sliced into matchsticks

1 cup sprouts, such as broccoli

■ THE FOUNDATION

Sturdy leafy greens are a great option for those watching their carb intake. Besides the many health perks, including a payload of vitamin K, raw collards are a perfect candidate for wrapping up your sandwich fillings, as they're milder in flavor than other dark greens. You'll require two collard leaves per wrap—the bigger the better.

■ THE MAIN PLAYER

Roast beef is one of the leanest options at the deli counter. As with other red meats, slices of roast beef are a source of energy-boosting iron as well as creatine, a compound proven to boost strength in the gym.

■ THE SUPPORTING CAST

The zesty tomato spread in this recipe is a top-notch source of lycopene, a supercharged antioxidant shown to help lower blood-pressure numbers. Recent research suggests that sprouts—basically baby versions of items like broccoli and peas—are denser in antioxidants and vitamins than their grown-up brethren. This makes sprouts a powerful addition to any sandwich.

■ DIRECTIONS

Place sun-dried tomatoes, olive oil, 3 tbsp water, horseradish, vinegar, and pepper in a blender and blend to a chunky mixture. Cut off the firm white stalks of the collards. Fillet off the thickest parts of the remaining stalks that run down the backsides of the leaves. To make one wrap, place two collards head to foot (stalks at opposite ends) and partially overlap the leaves. Apply some of the tomato spread down the center lengthwise, then top with roast beef, carrots, and sprouts. Tightly roll the leaves, beginning from the bottom wider end, tucking in the sides as you go. Cut in half to serve.

■ NUTRITIONAL INFO

CALORIES

407

PROTEIN

36g

FAT

25g

CARBS

12g

FIBER

5g

SODIUM

148mg



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Free of Undeclared Ingredients	✓
Fully Disclosed Formulas	✓

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uptake blend for better absorption and more efficient use of creatine in the body. **EPIQ™ 3X LEAN MUSCLE** combines patented Peak ATP® with betaine and nitrates, which have been shown in research to deliver extreme muscle pumps and incredible gains in muscle and strength. For a clean formula that fuels clean gains, each serving of **EPIQ™ GAINER** packs 60g of the most highly bioavailable isolate proteins for less fat, lactose and fewer carbs than other mass-gainer formulas, plus a Super Carb Blend and 10g of pure creatine. **Get all 4 new EPIQ™ innovations exclusively at GNC.**

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SARDINE WALNUT

SERVES
4

FAST-FOOD FIX

It's easy to get lured into options full of fatty meats and calorie-laden toppings at big-chain sandwich shops. Side-step the diet disasters and select these physique-conscious choices that pack a legitimate nutritional punch.



Oven-Roasted Chicken

6-inch: 320 calories; 23g protein; 5g fat; 47g carbs
Grilled chicken and vegetables prove that simple is king. Cheese and mayo will hike the calorie count, so tread lightly.



Spicy Monterey

Small: 400 calories; 23g protein; 13g fat; 48g carbs
Lean ham and turkey team up to create a sub with a reasonable protein-to-fat ratio.



Bootlegger Club

660 calories; 43g protein; 26.5g fat; 66g carbs

Pairing roast beef and smoked turkey breast creates a sandwich with tons of protein. Consider nixing mayo for Dijon mustard.

INGREDIENTS

½ cup walnuts

2 tbsp extra-virgin olive oil

2 garlic cloves, chopped

¼ tsp chili powder

1 zucchini, shredded

1 medium carrot, shredded

⅓ cup flat-leaf parsley, chopped

⅓ cup golden raisins

2 tbsp apple-cider vinegar or white-wine vinegar

¼ tsp salt

8 slices sourdough bread

4 (3.75 oz) tins water-packed sardines

THE FOUNDATION

Sourdough bread might often be made with white flour, but a recent Canadian study discovered that this bread causes less of a spike in blood-sugar levels than regular white or even whole-wheat types. Fermentation caused by the sourdough bacterial culture dampens the bread's impact on your blood sugar. Make sourdough work even better for you by looking out for whole-grain versions such as rye from small-scale local bakers.

THE MAIN PLAYER

Sardines prove that good things come in small packages. Among their nutritional highlights are a boatload of muscle-friendly omega-3 fats, protein, and vitamin D. Scientists at the Harvard School of Public Health reported that vitamin D is involved in the production of testosterone in men. As the body's most potent anabolic hormone, more naturally circulating T can bring about more lean muscle mass.

THE SUPPORTING CAST

The walnut spread adds crunch as well as additional omega-3s. Carrots are a leading source of beta-carotene, which can be converted to vitamin A in your body to ramp up immune, eye, and bone health.

DIRECTIONS

Blend together walnuts, olive oil, 2 tbsp water, garlic, and chili powder into a chunky mixture; add extra water or oil if needed. In a bowl, toss zucchini, carrot, parsley, raisins, vinegar, and salt.

Divide walnut mixture among 4 slices of bread and top with an equal amount of sardines and slaw. Top with remaining slices of bread.

NUTRITIONAL INFO

CALORIES	PROTEIN	FAT	CARBS	FIBER	SODIUM
506	29g	42g	26g	3g	947mg

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Raising The Bar

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LEE PRIEST

"A lot of articles stress working the peak or hitting the upper and lower part of the biceps, and I just don't believe in subdividing the biceps that way.

When I train, all my focus is on improving the overall quality of the biceps."

AMAZING
TASTE!

FLEXIBLE FORMULA!

Active Individuals

20g

WHEY PROTEIN
IN 1 SCOOP

4.5g

BCAAs

Serious Trainers

40g

WHEY PROTEIN
IN 2 SCOOPS

9g

BCAAs

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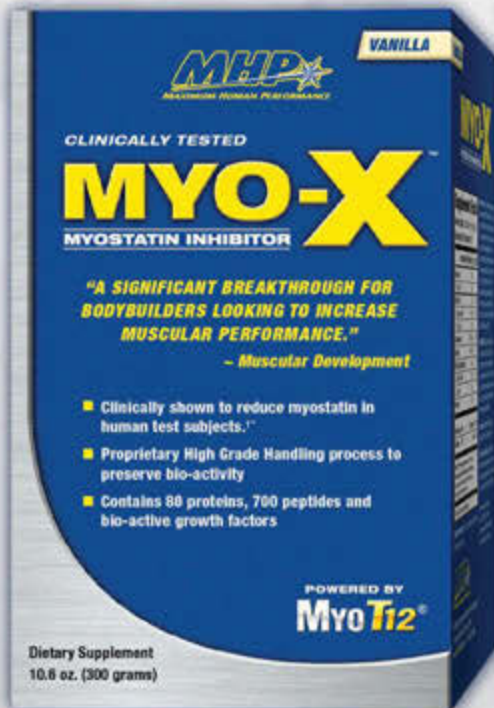
“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance.”

– Dr. Robert Ashton, M.D.

Myostatin is a potent catabolic limiting factor for growth. This natural negative growth factor protein exists in all of us, and works to limit muscle growth in a genetically predetermined pattern. Scientific evidence supports the correlation between reductions in myostatin and muscle growth. MYO-X has already been shown in prior clinical trials to significantly reduce myostatin levels in human test subjects. The scientists at MYOS Corporation, a biotech company that specializes in the science of muscle health, conducted this most recent study to demonstrate the muscle building effects of MYO-X.

“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance,” says Dr. Robert Ashton, M.D., Chief Medical Officer at MYOS Corporation. The impressive results of this new scientific study are good news for athletes and fitness enthusiasts looking to increase muscle mass, and show that MYO-X is a powerful one-of-a-kind muscle building supplement. Now you can take advantage of this exciting new development in muscle building science with MHP's clinically tested MYO-X.

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© 2015 Maximum Human Performance, LLC. All rights reserved. *Lowary, R., et al., "The effects of a myostatin inhibitor on skeletal muscle hypertrophy in resistance trained males." Submitted for publication. Lean body mass average increase = 3.75 lbs. Muscle thickness average increase = 4.4x. Your results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Not intended for use by persons under age 18.



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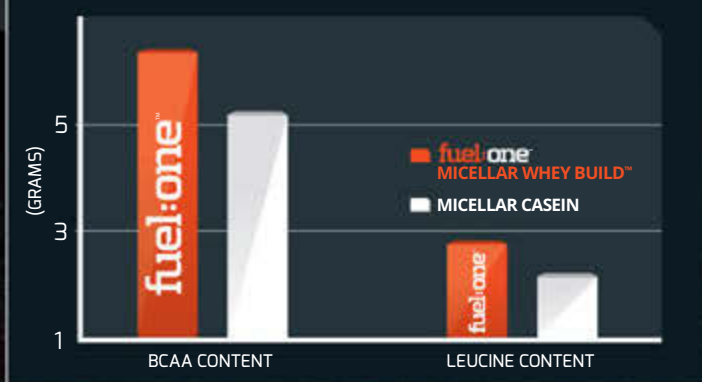
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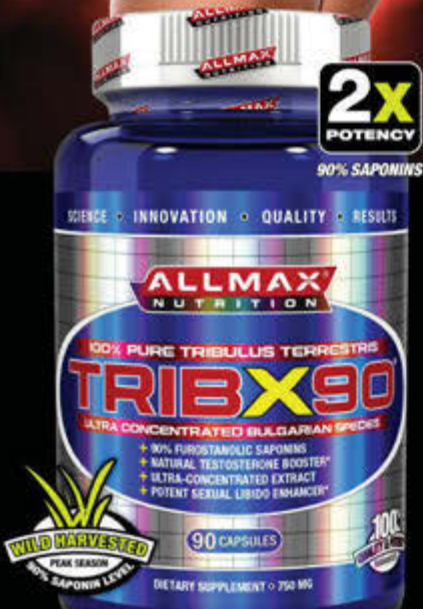
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"A lot of guys overdo the weight on seated dumbbell curls, and **they start dancing around in their seats** like they're doing the tango."

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Steve "the Kingsnake" Kuclo has inked an exclusive deal with AMI/Weider Publications.

[PAGE 194](#)

Check out pics from the wild weekend that was the 2015 Arnold Sports Festival.

[PAGE 196](#)

In search of motivation? Branch Warren training with Johnnie Jackson will take care of that.

[PAGE 208](#)

PAGE 192

DEXTER WINS!
**A FLASH REPORT FROM
THE 2015 ARNOLD**

2015 ARNOLD

A FLASH REPORT FROM THE 2015 ARNOLD SPORTS FESTIVAL, MARCH 5-8, COLUMBUS, OH



1
Dexter Jackson*

MEN'S OPEN



2 Branch Warren



3 Justin Compton



4 Cedric McMillan



5 Evan Centopani

212 DIVISION



1 Jose Raymond*



2 Hidetada Yamagishi



3 Eduardo Correa



4 Aaron Clark



5 Charles Dixon

*Qualified for the 2015 IFBB Olympia Weekend



MEN'S PHYSIQUE

- 1 Sadik Hadzovic*
- 2 Jason Poston
- 3 Anton Antipov



FIGURE

- 1 Camala Rodriguez*
- 2 Candice Lewis
- 3 Candice Keene



BIKINI

- 1 Ashley Kaltwasser*
- 2 Justine Munro
- 3 Janet Layug



WOMEN'S PHYSIQUE

- 1 Juliana Malacarne*
- 2 Dana Linn Bailey
- 3 Tycie Coppett

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FULL REPORT ON THE
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CLASS NEXT MONTH!



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It's official: Steve "the Kingsnake" Kuclo is the latest IFBB Pro League bodybuilder to join AMI/Weider Publications! The Michigan native scored his first pro win at the 2013 Europa Super Show, which earned him the right to stand on the sport's ultimate stage, the Mr. Olympia. Kuclo finished 14th, but vowed to use it as a learning experience. He hit the ground running in 2014, winning his second contest, the Arnold Classic Brasil. He then leapfrogged to ninth in the loaded Mr. Olympia lineup before heading overseas for the European Grand Prix tour.

"Steve is one of the brightest stars in the bodybuilding universe, with a great future ahead of him," said Shawn Perine, chief content director for the Enthusiast Group at American Media, Inc. "I'm excited to have him join the esteemed list of former and present Weider athletes."

Kuclo also juggles the demands of being a pro bodybuilder with his day job as a firefighter and paramedic for the Dallas Fire-Rescue Department. Having recently tied the knot with IFBB bikini pro Amanda Latona, 2015 is shaping up to be a big year, and AMI/Weider Publications is happy to welcome him aboard.

Look for the Kingsnake to strike on Aug. 28-29 at the IFBB Wings of Strength Alamo City Championships in San Antonio, TX.



"FLEX was the first bodybuilding magazine I read, and to follow in the footsteps of all the other great Weider athletes is a dream come true."

THE KINGSNAKE STRIKES...ER, SIGNS

STANDOUT IFBB PRO LEAGUE BODYBUILDER STEVE KUCLO JOINS TEAM AMI/WEIDER, AND HE'S PREPPING FOR A REALLY BIG SEASON IN 2015

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2015 ARNOLD SPORTS FESTIVAL

MARCH 5-8,
COLUMBUS, OH



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1 Lifetime Achievement Award recipient Jim Manion surrounded by his family.

2 J.M. Manion flanked by Timea Majorova (left) and Nathalia Melo.

3 Aww...

4 Hall of Fame inductees (from left) Evander Holyfield, Michael Jai White, Don "the Dragon" Wilson, and Triple H.

5 2007 Arnold Classic champ Victor Martinez hitting a double Fonzie pose.

6 Roelly Winklaar gives us a sneak peek.

7 Arnold and a bevy of beauties in front of his March FLEX cover.

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2015 ARNOLD SPORTS FESTIVAL

1 Evan "Ox" Centopani giving his shirt sleeves a workout.

2 Bikini Model Search winners ham it up.

3 Before he was a four-time Mr. O, Jay Cutler was a three-time Arnold Classic winner.

4 Kai Greene successfully ignoring whatever Kai Greene is yelling into his ear.

5 Bikini International winner Ashley Kaltwasser with four-time Ms. Figure Olympia Nicole Wilkins.

6 The newest member of Team AMI/Weider, Steve Kuclo, with his mom (left) and aunt. For more on the Kingsnake, check out page 194.

7 Flex Lewis added the Arnold 212 title to his growing collection last year. For now, the Welsh Dragon is happy to flex for fans.



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2015 ARNOLD SPORTS FESTIVAL

1 Branch Warren (left) and Dexter Jackson in a quiet moment before going onstage for the final verdict.

2 Mamdouh "Big Rami" Elssbiay. Will this be the year he puts it all together?

3 Bikini International third-place finisher Janet Layug with her daughter.

4 Even in the off-season, four-time Mr. Olympia Phil "the Gift" Heath sports double splits in his biceps. Freaky!

5 Heath recognizing Jackson's fifth Arnold Classic win. The 45-year-old Blade still has his edge!

6 A fully clothed Roelly Winklaar in a solo game of rock-paper-scissors. We hear it was a tie.

7 Arnold with the class winners of the Arnold Amateur contest.

8 India Paulino welcomes us to the gun show.

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OMAHA PRO 212, WOMEN'S BODYBUILDING, FIGURE, AND WOMEN'S PHYSIQUE Omaha, NE. Contact Jack Titone, (314) 686-3828, npcmidwest.com.

30/31 WINGS OF STRENGTH PUERTO RICO PRO 212, FIGURE, BIKINI, PHYSIQUE, AND MASTERS FIGURE San Juan, Puerto Rico. Contact Tim Gardner/Buddy Lupo, (813) 281-4696/ (540) 330-4784, tgflex@aol.com.

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30 JUNIOR USA BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE Charleston, SC. Contact Tres Bennett, (843) 270-4373, tresb@comcast.net, npcjrusa.com.

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EUROPA BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE* Orlando, FL. Contact Ed & Betty Pariso, (817) 498-3631, bettypariso@aol.com, europagamesexpo.com.

PITTSBURGH BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE* Pittsburgh, PA. Contact Jim Manion, (412) 276-5027, garyudit.com.

2 BATTLE ON THE BLUFF BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE Tunica, MS. Contact Chris & Cindy Caudy, (901) 857-2499.

MID ATLANTIC NATURAL CLASSIC BODYBUILDING, FITNESS, FIGURE, BIKINI, AND

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8/9 EMERALD CUP BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE* Bellevue, WA. Contact Brad & Elaine Craig, (425) 949-7320, emeraldcup@aol.com, craigproductions.com.

9 ATLANTIS BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE* Las Vegas, NV. Contact Jon Lindsay, (310) 796-9181, musclecontest.com.

BATTLE OF THE BODIES BODYBUILDING Tulsa, OK. Contact Michael Elias, (918) 691-2766, michael@physiquefx.com.

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IRON VIKING BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE Duluth, MN. Contact Sherri Irving, (218) 591-6407, sherri@vikingofthenorth.com.

MIKE FRANCOIS CLASSIC BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE* Westerville, OH. Contact Mike Francois, (614) 806-3834, classic@mikefrancois.com.

OPTIMUM CLASSIC BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE* Shreveport, LA. Contact Robert Blount, (318) 347-2208, bfit4life@aol.com, optimumclassic.com.

SEMINOLE CLASSIC BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE* Winter Springs, FL. Contact Ty Pope, (321) 279-2531, seminoleclassic.com.

ON THE WEB

For additional local event listings, information on entering these contests, and more, go to npcnewsonline.com and ifbbpro.com.

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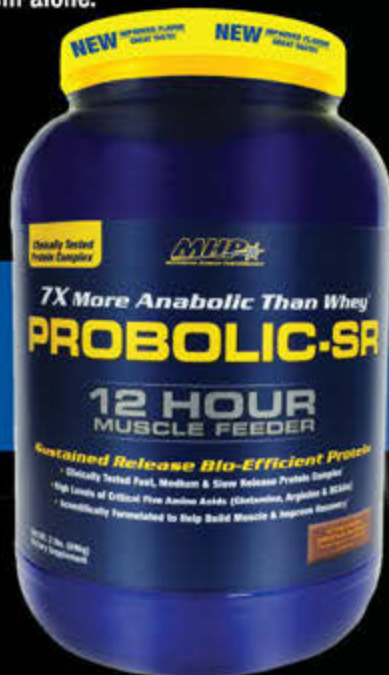
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■ "I don't give a damn what they think!" So said Branch Warren (pictured here with Johnnie Jackson on the T-bar row) in response to critics who claimed he would never enjoy a successful bodybuilding career. Since turning pro in 2004, Warren has amassed eight titles, including two Arnold Classics (2011-12), and finished second at the 2009 Mr. Olympia. Warren may also be the toughest SOB in the sport, not only for his legendary workouts, but also for overcoming injuries that could have ended his career—on four separate occasions.



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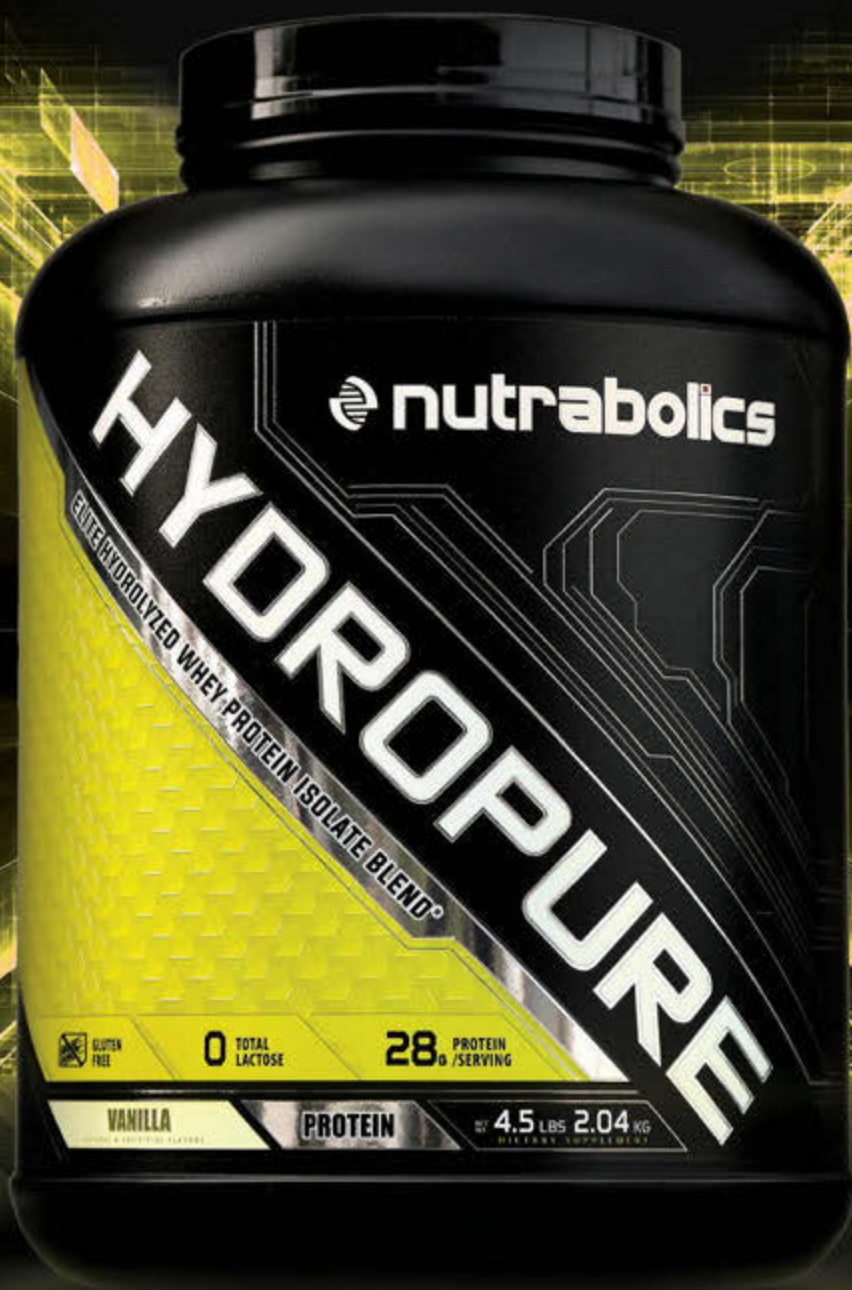
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